WHERE GOOD TASTE MEETS GOOD HEALTH

EatingWell®

EMBER/DECEMBER 2018

52
DELICIOUS HOLIDAY RECIPES

Love Sweet Potatoes?
TRY THIS POMMES ANNA, *P.90*

Turkey Tips
FROM OUR TEST KITCHEN

10 Genius Gifts
TASTY IDEAS FOR EVERY BUDGET

Chocolate Desserts
SO RICH, SO WORTH IT!

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YOUR SLEEVE

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NOVEMBER/DECEMBER 2018

Features

Raw or broiled *(page 76)*, oysters are usually on the menu when Chef Barton Seaver celebrates at his home in Bath, Maine.

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Think beyond spiked eggnog and plan a special cocktail with craft distilled spirits for your holiday party.
By Carolyn Malcoun

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By Jim Romanoff

80 Stanley & the Sweet Potato
With careful cultivation and hand harvesting, Stanley Hughes and his wife, Linda, have elevated this humble staple of the holiday table.
By Cheryl Slocum

94 Domenica's Feast of the Seven Fishes
For some people, Christmas conjures the warm scent of gingerbread and sugar cookies. For others, fresh pine needles and new-fallen snow. But for her, the holiday always has and always will smell like the sea.
By Domenica Marchetti

104 Food of the Gods
Chocolate is America's favorite confection, and we're celebrating it with a deep, indulgent dive into how it goes from bean to bar, plus a tasting party, recipes and more.
By Simran Sethi
Recipes by Alice Medrich

COVER: JOHNNY AUTRY; STYLING: CHARLOTTE AUTRY. RECIPE: SWEET POTATO POMMES ANNA, PAGE 90

PHOTO TED AXELROD

NOVEMBER/DECEMBER 2018

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15 Nosh

We're always looking for ways to **eat more veg**—beyond the same crudités you've been snacking on at every gathering this season. With all due respect to baby carrots, raw broc and ranch, how about some fresh, new ideas just when you need them—like **roasted salt-&-vinegar turnips** or green beans with hard-boiled eggs, fried shallots & bacon. And because we know how much time you've got right now (ha!) you'll find plenty of recipes for meals you can whip up *like that*, including a **potsticker & vegetable soup** we can't stop slurping.

IN EVERY ISSUE
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8 Chatter
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47 Fresh

Drinking vinegar is on fire right now. Get the scoop on the trend and the **health benefits of apple-cider vinegar** (*page 52*). And if the thought of having a house full of family for a week—or the go-go-go of the holidays—has you feeling particularly frazzled, turn (immediately) to page 50 for **4 science-proven ways to ease anxiety,** plus a look at CBD and whether it works on overworked nerves.

119 Morsels

Two words: gift guide! If you're in need of **on-point presents for the food lovers in your life,** check out our editors' picks (*pages 119-121*), ranging from the perfect-size food processor to silicone avocado savers—because, toast. And if you're having turkey trepidations right about now, read up on our **Test Kitchen tips for cooking The. Perfect. Bird.** (*page 124*)

128 Food with Purpose

One man's quest to safeguard **traditional Native crops** from extinction through his Omaha seed-saving organization. And the celebratory feast that the annual harvest brings.

FOOD COLLECTION/OFFSET

ONE NIGHT STAND

LONG-TERM RELATIONSHIP

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*1 Tbsp: 2g sat fat, 60 calories; Butter: 7g sat fat, 100 calories

Holiday Snapshots

How do you make a magazine that works for every reader's holiday? Take me, for example: I love Thanksgiving, but I skip it almost every year, instead using that week to travel abroad. I grew up celebrating Christmas, but there's only one recipe that remained constant: my mom's spritz wreath cookies.

A quick survey of our team here at *EatingWell* makes it clear that having a very personal take on the holidays is the only constant. Jim Van Fleteren, our creative director, says the sure sign of the holidays is when a relish tray appears. I had never even heard the term "relish tray," but he's from Michigan, which may explain it. He also texted me a beloved family holiday recipe that involves layers of strawberry Jell-O, frozen strawberries, sliced bananas and sour cream. Just... *wow*!

Holiday obsession reigns with associate editor Lucy Casale's family. Planning begins the day after Christmas for the next year. They photograph their holiday card during the summer. They've been known to get two Christmas trees for one season. Lucy's still in her 20s so she's just starting to adapt some of the traditions as her own. Her mom uses cookie cutters passed down from *her* mom and Lucy has started her own collection, which includes a cow cutter made by Vermont artist Ann Clark.

For Hanukkah, our food editor, Jim Romanoff, still makes brisket per his mom's go-to recipe. It's a Belgian-style brisket that has beer, chili sauce and lots of onions. Much to his mom's chagrin, he never follows the recipe faithfully, each year elaborating or experimenting. This year he's going to seal it up in an Instant Pot, his new favorite tool. At least once during Hanukkah he makes latkes. When he was a kid, his family always had them with sour cream (not a kosher combo) and although they didn't keep a kosher house, the whole family would discuss how "bad" they were for enjoying it with those latkes!

This issue is filled with personal traditions. We have a seafood feast from Italian-American cookbook author Domenica Marchetti. From North Carolina, we hear why farmer Stanley Hughes and his wife, Linda Leach-Hughes, started growing sweet potatoes. We get their delicious holiday creations, including a spiced sweet potato layer cake with orange-cinnamon cream cheese frosting and a bright purple sweet potato pie. (I wonder if this all-natural purple pie could stand in for Jim Van Fleteren's Jell-O creation.) Robert Egger, founder of the nonprofit L.A. Kitchen, sat down with Jim Romanoff to talk about why he's devoted his life to helping people and why we all should volunteer with organizations like his this time of year. He works tirelessly, using food, to support people who need it most. Egger gathered up a bunch of his chef buddies—Susan Feniger, José Andrés, Theresa Farthing and Barton Seaver—to collaborate on a Thanksgiving to get all of us in the giving mood.

So, to get back to the original question about the perfect holiday plan for every reader—there's no such thing! But what there is are ideas and memories and individuals and families and traditions and old recipes and new takes and moments. There are snapshots. Here's to savoring *your* unique holidays!

Jessie

JESSIE PRICE
EDITOR@EATINGWELL.COM
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1 VEGGIE-TAINING
Get inspired by our stunning seasonal vegetable sides, mains and apps, like Roasted Vegetable Antipasto *(left)*. *EatingWell.com/veggietaining*

2 GIFT GUIDES
It's always more fun to give than to get! Scroll through our curated lists to find the perfect presents for food lovers. *EatingWell.com/giftguide*

3 COOKIE SWAPS
If you enjoy a cookie swap as much as we do (our office holds one yearly), go here for 250-plus sweet recipes. *EatingWell.com/cookieswap*

WE QUIZ YOU

What's your favorite *EatingWell* Thanksgiving recipe?

Gingered Cranberry-Raspberry Relish
Yum!!! —mpfish26

Pumpkin Tart with Pecan-Shortbread Crust
For sure!—devonob

Pear, Prosciutto & Hazelnut Stuffing
—vrjonsie

Gluten-Free Green Bean Casserole
—colleendkraus

Meringue-Topped Sweet Potato Casserole
Sweet potato fluff.
—fukesandrea

Find them all at EatingWell.com/Thanksgiving

ASK OUR EDITORS

Penelope Wall
Senior Digital Editor

What are your favorite food gifts to make?
There are so many sweet treats around this time of year, so I like to make savory gifts like dried bean soup mixes or tea blends with herbs from my garden (these are both great teacher gifts too). This year, I'm excited to gift homemade body scrubs in pretty jars. Visit *EatingWell.com/DIYspa* to get all of my favorite recipes.

Jim Romanoff
Food Editor

Fun ideas for turkey leftovers?
My parents, who are in their 90s and still cook, are my inspiration. My mom is from Pittsburgh and makes a Devonshire: a hometown favorite open-face turkey sandwich smothered in cheese sauce. And my dad taught me to layer, cover and bake almost any leftover meat with potatoes, sauerkraut and veggies to make a version of Alsatian choucroute. Get more ideas at *EatingWell.com/Thanksgivingleftovers.*

Breana Killeen, M.P.H., R.D.
Test Kitchen Manager

How much wine should I buy for my holiday party?
Plan on two glasses per person. Each bottle has four glasses (about 6 oz. each), so for 20 guests plan to buy 10 bottles. Pick up a variety of reds and whites to offer options. My go-tos are light reds (like Beaujolais) and medium reds (malbecs), plus light whites (chenin blanc) and heftier ones (like unoaked chardonnay). Don't forget a bottle of bubbly too!

CARIN KRASNER, STYLING; KAREN GILLINGHAM (FOOD), JENNIFER BARGUARENA (PROPS), INSETS: ERICA ALLEN

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WHY AGE GRACEFULLY, WHEN YOU CAN AGE SUCCESSFULLY? Our bodies can be younger or older than our actual age depending upon diet, lifestyle choices and physical activity. This is called biological age, which could be different than the age on your driver's license, which is called chronological age. A recent study of 900 adults who were tracked for 12 years, from ages 26-38, showed that people who were aging faster, meaning that their biological age was higher than their chronological age, were not as healthy or physically fit. This group was also more likely to show cognitive decline and was at a greater risk for age-related health conditions.

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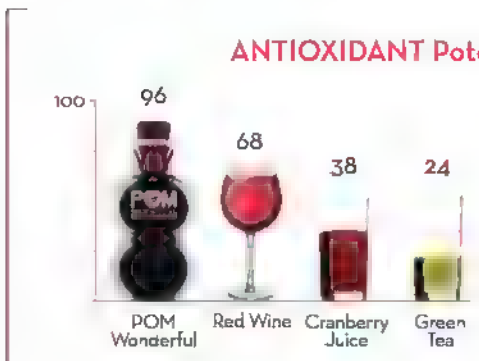

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I've been an avid subscriber of numerous cooking magazines over the years, but had never heard of *EatingWell* until I came across an issue at my doctor's office. The Middle Eastern theme immediately drew me in because I love it when food magazines focus on cuisine that isn't the mainstream. I was so pleased to see the issue dedicated to different cuisines and countries ranging from Turkey to Iran to Syria and beyond. Thank you for bringing to light the delectable world of Mideast fare. You have a new subscriber!

■ **Savita Ubhayakar,** *Berkeley, CA*

Best Issue Ever
The Sept/Oct issue is just incredible. I can almost smell the spices as I turn the pages. Middle Eastern cuisine is great any time of year and even more so with the fall harvest. Loved the inclusiveness of many countries, the tips on where to buy ingredients and [how to] "Use it up"!

■ **Holly Socolow,** *Camp Hill, PA*

"United by Food"
Jessie, I've never reached out to a magazine editor in my 36 years but this time I was compelled. The first line in your *Editor's Letter,* "For many Americans the Middle East evokes unease," got my back up to start. But you so elegantly continued your piece with a hope and pledge (through your own travel) to build connections where there is undue strife between some Americans and their Middle Eastern perceptions. My husband being of Syrian/Lebanese heritage, I have over our 10 years of marriage become closely acquainted with Middle Eastern food. I look forward to adding to our mealtime repertoire.

■ **Alicia St. Hill Nasser,** *Washington, D.C.*

What About Israel?
I find it disappointing that the most culturally diverse nation in the area is not part of your [Sept/Oct] issue. Israel has influences from the Middle East and around the world and a global reputation for foodies.

■ **Richard Leeds,** *via email*

EDITOR'S REPLY:
We didn't intend to downplay Israel's importance by not including it in this issue. We had a very hard time narrowing down our selection of spots to cover. We could have filled up twice as many pages with everything we wanted to include! Israel was at the top of our list. Finally it came down to Istanbul, Beirut, Iran and Azerbaijan because we had the best set of stories and authors for those spots.

"Breaking Barriers"
Your Sept/Oct 2018 issue arrived recently in our home and is already ragged, since the Middle East/North Africa is one of my favorite parts of the globe. Your article about Kamal Mouzawak and the food-based network of social enterprises he has built really blew my mind. I am currently working in Tunisia, and [will] share this story with colleagues to demonstrate what is possible.

■ **B. Lynn Salinger,** *Concord, MA*

Back-to-School Recipes
Your Sept/Oct issue is my absolute favorite to date, end of story! The "Back to School Edition" recipes are on point!!! I'll probably end up cooking my way through the section with my kids in the coming months (and planning out the Middle Eastern recipes for the weekends). Well played.

■ **Lily Scott,** *East Greenwich, RI*

"Why We Waste"
One piece missing from this article [on food waste, Sept/Oct] is the existence of municipal curbside composting programs. Ours takes any raw or cooked food including bones and dairy. What a huge potential impact this could make in saving landfill space and reducing methane gases if people lobbied local officials to adopt these services.

■ **Denise Kleinman,** *Austin, TX*

That Sticky "Added Sugar" Situation
Re *Fresh Thinking* [Sept/Oct, p.56]: FDA's new rules (2016) would require a line stating "added sugars," which would apply to almost any product including pure maple syrup and honey. On the surface it sounds good, however in the case of maple syrup it is misleading. The maple industry has spent thousands of dollars on trying to protect pure maple from adulterers or "added sugars." Any way you shake it, the words "added sugars" automatically tell the consumer it's not a pure maple product. This is not a case of "chalk it up to politics," there are no politics involved. This is the case of a 200-year-old industry fighting off infringement thieves who want to use their fake sweeteners to suck off the profits of real maple. The maple industry will continue to fight for this maple purity factor.

■ **Bill Clark,** *Wells, VT*
Past President: Vermont Maple Sugar Makers Association; North American Maple Syrup Council; International Maple Syrup Institute

EDITOR'S REPLY:
The FDA recently announced that it anticipates exempting "packaged-as-such" products like syrup and honey from listing added-sugar grams, though it would still list an added sugars "daily value" to help keep consumers aware of their intake—hopefully a compromise that will please syrup and honey makers as well as nutrition experts. Look for the final rule soon, ahead of the January 2020 compliance date.

Thanks for What You Do
I've been a subscriber of *EatingWell* for several months. I would like to thank you for the articles you publish regarding current work in public policy, advocacy and sustainable development. After years of subscribing to other publications, I'll be discontinuing the others and sticking with you guys.

■ **Kristen Norton,** *Denver, CO*

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PR REQUESTS: *Lisa.Callahan@meredith.com*

EDITORIAL, DIGITAL & LICENSING OFFICES:
120 Graham Way, Suite 100, Shelburne, VT 05482

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EASY HEALTHY RECIPES

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Potatoes Optional

Put your slow cooker to work making these saucy short ribs while you cross off things on your holiday to-do list. Then mash up some potatoes when you're ready to eat—or don't. It's plate-licking good as is.

PHOTO: JACOB FOX

Slow-Cooker Balsamic Short Ribs

ACTIVE: 30 min **TOTAL:** 4½-8½ hrs
EQUIPMENT: 6-qt. or larger slow cooker

Now here's a slow-cooker recipe you can serve to company—even on a holiday. A bold Italian red that has a touch of sweetness (think amarone or brunello) is perfect alongside.

- **6 bone-in beef short ribs (about 3¼ pounds)**
- **¾ teaspoon salt, divided**
- **½ teaspoon ground pepper**
- **2 tablespoons extra-virgin olive oil, divided**
- **1 medium onion, sliced**
- **2 tablespoons tomato paste**
- **2 cloves garlic, chopped**
- **1 teaspoon chopped fresh thyme**
- **1 cup balsamic vinegar**
- **½ cup low-sodium beef broth**
- **2 tablespoons cornstarch**
- **¼ cup water**
- **Chopped fresh parsley (optional)**

1. Sprinkle ribs with ½ teaspoon salt and pepper. Heat 1 tablespoon oil in a large skillet over medium-high heat. Add the ribs and cook until browned on all sides, about 5 minutes total. Transfer to a 6-quart or larger slow cooker.

2. Add the remaining 1 tablespoon oil and onion to the pan; cook, stirring occasionally, until starting to brown, 3 to 5 minutes. Stir in tomato paste, garlic and thyme; cook, stirring, for 1 minute. Add vinegar and cook, scraping up any browned bits, until the liquid is mostly reduced, 3 to 5 minutes. Transfer to the slow cooker and add broth. Cover and cook on High for 4 hours or Low for 8 hours.

3. Transfer the ribs to a serving platter. Transfer the liquid to a medium saucepan and bring to a boil over high heat. Whisk cornstarch and water in a small bowl and add to the boiling liquid. Cook, whisking, until thickened, about 2 minutes. Stir in the remaining ¼ teaspoon salt. Serve the ribs with the gravy and sprinkled with parsley, if desired.

SERVES 6: 1 rib & ⅓ cup gravy each

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Toasting nuts before adding them to the salad adds another layer of flavor. Look for California walnuts in the baking section.

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Quinoa, Chicken & Broccoli Salad with Roasted Lemon Dressing

ACTIVE: 35 min **TOTAL:** 35 min

Roasting lemons mellows their tartness and creates a layer of caramelized flavor that pairs well with the raw broccoli.

- **1 8-ounce boneless, skinless chicken breast, trimmed**
- **4 tablespoons extra-virgin olive oil, divided**
- **⅛ teaspoon salt plus ¼ teaspoon, divided**
- **2 small lemons, thinly sliced and seeded**
- **1 cup low-sodium chicken broth**
- **½ cup quinoa**
- **8 ounces broccoli with stems (about 1 medium head)**
- **¼ cup red-wine vinegar**
- **1 tablespoon Dijon mustard**
- **2 cups arugula**
- **¼ cup chopped walnuts, toasted**
- **½ cup dried cranberries**
- **½ cup chopped fresh mint**

1. Preheat oven to 425°F.

2. Place chicken on one side of a rimmed baking sheet. Drizzle with 1 tablespoon oil and sprinkle with ⅛ teaspoon salt. Roast for 10 minutes. Place lemon slices on the other side of the baking sheet. Roast, turning once, until an instant-read thermometer inserted into the thickest part of the chicken reaches 160°F and the lemons are browned, 7 to 9 minutes more.

3. Meanwhile, bring broth and quinoa to a boil in a small saucepan. Reduce heat to maintain a simmer, cover and cook until the liquid is absorbed, about 15 minutes. Remove from heat and let stand, covered, for 10 minutes.

4. Cut broccoli florets from the stems. Trim, peel and thinly slice the stems and chop the florets into bite-size pieces.

5. Chop half of the lemon slices. Combine in a large bowl with vinegar, mustard and the remaining 3 tablespoons oil and ¼ teaspoon salt.

6. Shred the chicken. Add the chicken, the remaining lemon slices, the broccoli, the quinoa, arugula, walnuts, cranberries and mint to the dressing; toss to combine.

SERVES 4: 2 cups each

CAL 481 / **FAT** 26G (SAT 3G) / **CHOL** 31MG / **CARBS** 43G / **TOTAL SUGARS** 19G (ADDED 12G) / **PROTEIN** 22G / **FIBER** 8G / **SODIUM** 365MG / **POTASSIUM** 584MG.

+ **COLD SNAP** Get our best winter salad recipes at eatingwell.com/wintersalads

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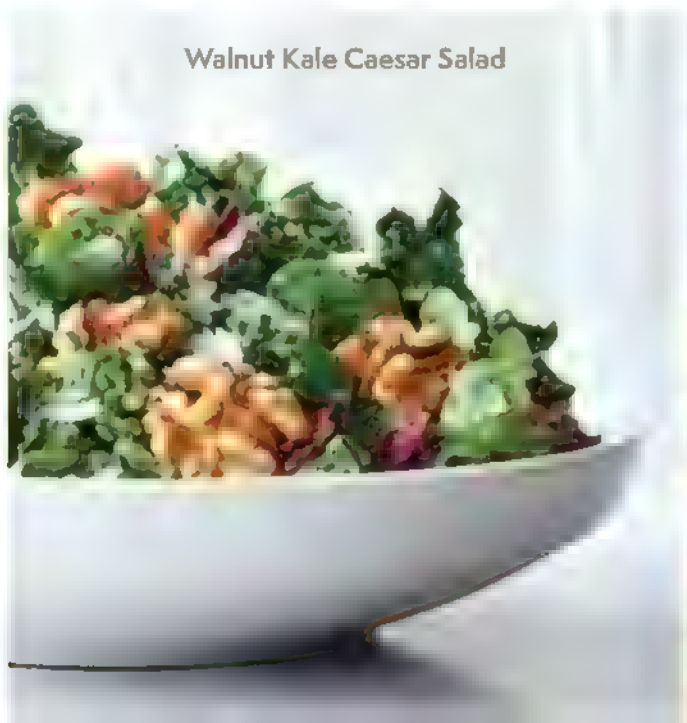
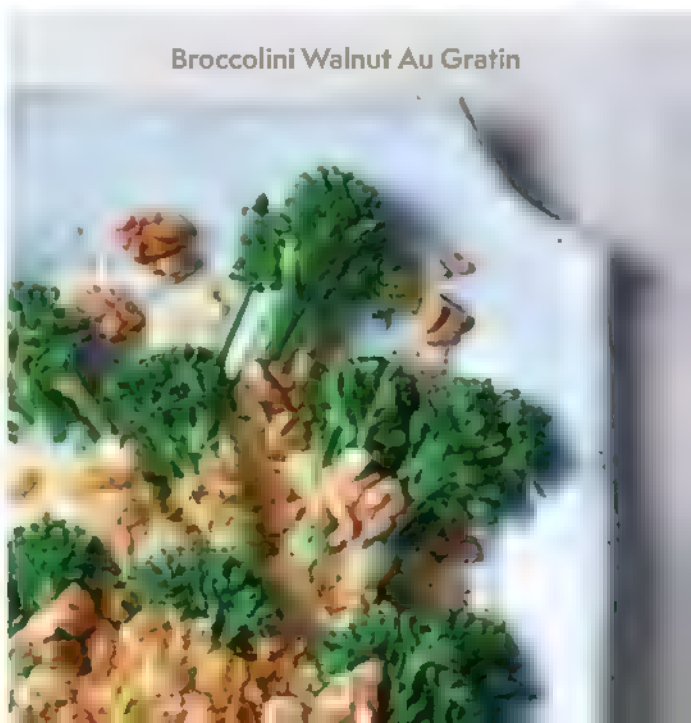
Per one ounce serving.

*Heart-Check food certification does not apply to recipes unless expressly stated. See heartcheckmark.org/guidelines. Supportive but not conclusive research shows that eating 1.5 ounces of walnuts per day, as part of a low saturated fat and low cholesterol diet and not resulting in increased caloric intake, may reduce the risk of coronary heart disease. (FDA) One ounce of walnuts provides 18g of total fat, 2.5g of monounsaturated fat, 13g of polyunsaturated fat including 2.5g of alpha-linolenic acid – the plant-based omega-3





Veggie-Packed Enchiladas

Amazing holiday recipes? Check! But what are you going to serve your family on a random Tuesday in December? Say hello to these super-easy enchiladas made with a quick blender sauce and barely-any-prep fillings.

1 Blend. *It takes just a few minutes to make a homemade enchilada sauce in your blender. Pick red or green (or both!). You can even make the sauce ahead (refrigerate for up to 3 days or freeze for up to 3 months). Feeling particularly rushed? Use 3 cups canned enchilada sauce.*

RED

- **1 28-oz. can crushed tomatoes**
- **1 cup chopped onion**
- **2 small cloves garlic**
- **1 dried chipotle *or* ancho chile pepper, stemmed**
- **1½ Tbsp. chili powder**
- **1½ Tbsp. dried oregano, preferably Mexican**
- **1½ tsp. ground cumin**
- **½ tsp. salt**

GREEN

- **2 11-oz. cans whole tomatillos, drained**
- **1 cup chopped onion**
- **¾ cup packed fresh cilantro**
- **2 small cloves garlic**
- **1 serrano *or* jalapeño chile, chopped and seeded, if desired**
- **2 Tbsp. lime juice**
- **1½ tsp. ground cumin**

To prepare either sauce: Combine all ingredients in a blender; puree on high until smooth, about 1 minute.

2 Gather. *You'll need 16* ***corn tortillas*** *and 1 cup diced* ***white onion*** *plus* ***Veggies*** *and* ***Cheese.***

VEGGIES (4 cups total)
- Diced frozen (*or* cooked) butternut squash *or* potatoes
- Chopped frozen (*or* cooked) collards *or* kale
- Frozen (*or* cooked) cauliflower florets *or* corn
- Diced zucchini
- Frozen (*or* cooked) sliced peppers
- Low-sodium canned beans (rinsed)
- Prepared jackfruit *or* diced baked tofu

CHEESE (2 cups)
- Shredded Cheddar, Colby-Jack, Jack, Mexican blend
- Crumbled feta *or* cotija

3 Layer. *Yes, enchiladas are usually rolled. But you can save about 15 minutes by layering them.*

Spread ½ cup of the enchilada sauce in a 9-by-13-inch baking dish. Layer 4 tortillas over the sauce. Top with ¼ of the veggies, ½ cup cheese, ¼ cup onion and ½ cup sauce. Repeat layers twice. Top with the remaining 4 tortillas, 1 cup veggies, ¼ cup onion and the remaining sauce. (Reserve the remaining ½ cup cheese for Step 4.)

4 Bake. Preheat oven to 425°F. Coat a large piece of foil with cooking spray and cover the baking dish tightly. Bake the enchiladas for 10 minutes. Remove the foil and sprinkle on the reserved cheese. Continue baking until the cheese is melted and the edges are starting to brown, 15 to 20 minutes more. Serve with desired **Toppings** *(right)*.

5 Top. *Put out a variety of* ***Toppings*** *(optional) so everyone can customize their plates.*

- Sliced radishes
- Sliced fresh chiles
- Pickled jalapeños
- Sour cream
- Diced onion
- Crushed red pepper
- Hot sauce
- Salsa *or* pico de gallo
- Diced avocado

TO MAKE AHEAD: Assemble through Step 3. Refrigerate for up to 1 day. Set the pan on the counter while your oven preheats.

ACTIVE: 25 min **TOTAL:** 55 min
SERVES 8: 1 cup each
NUTRITION INFO: Page 126

+ Get the complete recipes at eatingwell.com/enchiladas

By ALI SLAGLE

There's a Party in Your Pantry

Whether you need a last-minute app to bring somewhere or just decided to host a spur-of-the-moment soiree at your pad, these tasty tidbits can be put together with ingredients you might already have in your kitchen.

1.

Spiced Crackers
Whisk 3 Tbsp. **extra-virgin olive oil,** 1½ tsp. each **paprika** and dried **oregano** and a pinch of **salt** in a large bowl. Add 3 cups (about 4 oz.) **whole-grain crackers** and toss to coat. Spread on a rimmed baking sheet. Bake at 300°F for 10 minutes. Cool on the pan for 10 minutes.
SERVES 8: ¼ cup each

2.

Savory Date & Pistachio Bites
Combine 2 cups **pitted dates,** 1 cup each **unsalted shelled pistachios** and **golden raisins,** 1 tsp. **ground fennel** and ¼ tsp. **ground pepper** in a food processor; process until finely chopped. Form into about 32 balls, using about 1 Tbsp. each.
SERVES 32: 1 ball each

3.

Marinated White Beans
Rinse one 15-oz. can **white beans.** Combine in a small saucepan with 1 cup **extra-virgin olive oil,** 3 **lemon slices,** 2 small **dried red chiles,** 1 **bay leaf** and 1 tsp. cracked **black peppercorns.** Cook over medium heat until heated through, about 5 minutes. Remove from heat and add a pinch of **salt;** let stand at room temperature for 20 minutes before serving.
SERVES 16: 2 Tbsp. each

4.

Harissa Mackerel & Endive
Drain one 4-oz. can **oil-packed mackerel** and flake apart. Combine 2 Tbsp. **mayonnaise,** 2 tsp. each **lemon juice** and **harissa** and a pinch of **salt** in a small bowl. Add the mackerel. Divide among 16 **Treviso and/or endive spears** and garnish with **chives.**
SERVES 16: 1 spear each

NUTRITION INFO: Page 126

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By BREANA KILLEEN, M P.H., R D

Treat Yourself

Yes, you can eat what you love—even foods that seem indulgent. This 1,500-calorie day includes cookies, wine, steak and lobster, so dig in!

Breakfast • 320 cal
Egg Salad Avocado Toast
Mash ¼ **avocado** with 1 Tbsp. **celery,** ½ tsp. each **lemon juice** and **hot sauce** and a pinch of **salt** in a small bowl. Mix in 1 chopped **hard-boiled egg.** Spread on 1 slice **whole-wheat toast.** Serve with 1 small **banana.**

Snack • 150 cal
Vanilla Yogurt with Apricots
One 5-oz. **nonfat vanilla Greek yogurt** with 2 Tbsp. **dried apricots.**

Lunch • 337 cal
Spicy Refried Black Bean Burrito
Fill 1 **whole-wheat tortilla** with ½ cup **romaine,** ¼ cup each **cherry tomatoes** and low-sodium **refried black beans,** 1 Tbsp. **pickled jalapeños,** 1 **scallion** and 2 Tbsp. each **shredded Mexican cheese blend** and **nonfat plain Greek yogurt.** Serve with 2 **clementines.**

Dessert • 252 cal
2 **Chocolate Polvorones** *(p.116)*
Serve with ½ cup **nonfat milk.**

Dinner • 465 cal

Lobster-Topped Tenderloin with Parmesan Brussels Sprouts

ACTIVE: 35 min **TOTAL:** 35 min
Pour yourself a 4-oz. glass of red wine (calories already included above) to enjoy with dinner

- **2 pounds Brussels sprouts, trimmed and quartered**
- **2 tablespoons extra-virgin olive oil, divided**
- **½ teaspoon salt, divided**
- **½ teaspoon ground pepper, divided**
- **1 pound filet mignon, about 1½ inches thick, trimmed and cut into 4 portions**
- **¼ cup chopped shallot**
- **3 tablespoons water**
- **1 slice bacon, chopped**
- **2 cloves garlic, thinly sliced**
- **¼ teaspoon crushed red pepper**
- **4 ounces cooked lobster, coarsely chopped**
- **⅓ cup grated Parmesan cheese**
- **2 tablespoons red-wine vinegar**

1. Preheat oven to 425°F. Coat a large rimmed baking sheet with cooking spray.
2. Toss Brussels sprouts with 1 tablespoon oil and ¼ teaspoon each salt and pepper in a large bowl. Spread evenly on the prepared pan. Roast until almost tender, 10 to 15 minutes.
3. Meanwhile, sprinkle beef with the remaining ¼ teaspoon each salt and pepper. Heat the remaining 1 tablespoon oil in a large skillet over medium-high heat. Add the beef and cook until browned on both sides, 2 to 4 minutes total. Place the beef on the pan with the Brussels sprouts. Roast until the Brussels sprouts are tender and the beef is medium-rare, 6 to 8 minutes more.
4. Return the skillet to medium heat; add shallot, water, bacon, garlic and crushed red pepper. Cook, scraping up any browned bits, until the shallot is soft, 1 to 2 minutes. Add lobster and cook, stirring, until hot, about 1 minute more. Remove from heat.
5. Transfer the beef to a serving platter. Sprinkle Parmesan and vinegar on the Brussels sprouts and stir to combine. Top the beef with the lobster mixture and serve with the Brussels sprouts.
SERVES 4: 3 oz. beef, ¼ cup lobster topping & 1 cup Brussels sprouts each
CAL 369 / **FAT** 17G (SAT 5G) / **CHOL** 117MG / **CARBS** 22G / **TOTAL SUGARS** 5G (ADDED 0G) / **PROTEIN** 38G / **FIBER** 8G / **SODIUM** 673MG / **POTASSIUM** 1,214MG

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Lesson: Chicken Nuggets

A coating of crushed pretzels makes nuggets supremely crunchy without a fryer

By JOY HOWARD

Pretzel-Crusted Chicken Nuggets with Cranberry-Mustard Sauce

ACTIVE: 40 min **TOTAL:** 40 min

Make some extra sauce to spread on post-holiday turkey sandwiches.

- Cooking spray
- 1 pound chicken tenders, cut into 2-inch pieces
- 1 teaspoon poultry seasoning
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 2 tablespoons white whole-wheat flour
- 3 cups pretzels
- 2 large eggs
- 1⅓ cups cranberries, fresh *or* frozen
- ⅔ cup orange juice
- ¼ cup honey
- 1 tablespoon Dijon *or* whole-grain mustard

1. Preheat oven to 400°F. Place a rack on a rimmed baking sheet. Coat with cooking spray.

2. Toss chicken in a bowl with poultry seasoning, salt and pepper. Sprinkle flour over the chicken and toss again.

KIDS DO **3.** Place pretzels in a large sealable bag. Crush with the bottom of a metal or plastic measuring cup or meat mallet until coarsely crushed. Pour into a shallow dish. Beat eggs in another shallow dish.

4. Shake any excess flour off the chicken, dip in the eggs, letting excess drip off, then roll in the pretzels. Transfer to the prepared rack. Coat the chicken generously on both sides with cooking spray.

5. Bake, turning once halfway, until an instant-read thermometer registers 165°F, about 20 minutes.

KIDS DO **6.** Meanwhile, combine cranberries, orange juice and honey in a small saucepan. Bring to a boil over high heat. Reduce the heat to a lively simmer and cook, stirring occasionally, until the sauce thickens slightly, about 10 minutes. Let cool for 5 minutes, then puree in a mini food processor until mostly smooth. Mix in mustard. Serve with the nuggets.

SERVES 4: 6-8 nuggets & 3 Tbsp. sauce each

CAL 357 / **FAT** 6G (SAT 1G) / **CHOL** 102MG / **CARBS** 46G / **TOTAL SUGARS** 23G (ADDED 17G) / **PROTEIN** 31G / **FIBER** 2G / **SODIUM** 366MG / **POTASSIUM** 178MG.

A LIGHTER SHADE OF WHEAT

If you think that whole-wheat products are too bitter, look for ones with *white* whole-wheat. Made from a special variety, it's light in color and flavor but has the same nutritional properties as regular whole-wheat flour.

BOBBING FOR BERRIES

When it's time to harvest cranberries, most farmers flood their bogs with water, then use a special machine to loosen the berries from the plants. A small pocket of air inside each berry makes it float to the surface for easy collection.

GO FOR THE GOLD

Prepared mustard often gets a brighter hue from sunny turmeric—a spice harvested from the rhizomes (tuberous roots) of *Curcuma longa*, a flowering plant of Southeast Asia.

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DISCOVER LUNCHABLES AROUND THE WORLD.

STACK IT. BUILD IT. MIX IT UP.

Green Beans with Hard-Boiled Eggs, Fried Shallots & Bacon

ACTIVE: 40 min **TOTAL:** 40 min

The secret to these tasty green beans is cooking them in the oil that you fry the shallots in.

- **2 slices bacon**
- **1 cup thinly sliced shallots**
- **3 tablespoons grapeseed *or* avocado oil**
- **1 pound green beans, trimmed**
- **Pinch of salt plus ½ teaspoon, divided**
- **½ cup water**
- **¼ teaspoon ground pepper**
- **2 large hard-boiled eggs, peeled**

1. Cook bacon in a large skillet over medium heat until crisp, about 5 minutes. Transfer to a paper-towel-lined plate. Let cool, then crumble.
2. Separate shallot slices into rings. Add oil and the shallots to the pan and cook, stirring often, until browned, 3 to 6 minutes. Using a slotted spoon, transfer the shallots to the plate with the bacon. Sprinkle with a pinch of salt.
3. Add green beans to the pan and cook, stirring often, until browned in spots, 2 to 4 minutes. Add water, cover and cook, stirring occasionally, until tender, 4 to 6 minutes. Remove from heat and season with pepper and the remaining ½ teaspoon salt.
4. Grate eggs on the large holes of a box grater. Serve the green beans topped with the shallots, bacon and eggs.

SERVES 6: 1 cup each

CAL 138 / **FAT** 9G (SAT 2G) / **CHOL** 64MG / **CARBS** 10G / **TOTAL SUGARS** 5G (ADDED 0G) / **PROTEIN** 5G / **FIBER** 3G / **SODIUM** 286MG / **POTASSIUM** 285MG.

Spaghetti Squash with Pistachios & Sage

ACTIVE: 30 min **TOTAL:** 30 min

No microwave? Bake squash halves cut-side down at 400°F until tender, 40 to 50 minutes.

- **1 2½- to 3-pound spaghetti squash, halved lengthwise and seeded**
- **⅔ cup unsalted shelled pistachios**
- **3 tablespoons packed light brown sugar**
- **2 tablespoons butter, cut into 8 pieces**
- **1 tablespoon chopped fresh sage**
- **½ teaspoon salt, divided**
- **1 tablespoon extra-virgin olive oil**

1. Place squash cut-side down in a microwave-safe dish; add 2 tablespoons water. Microwave, uncovered, on High until tender, 10 to 15 minutes.
2. Meanwhile, position rack in upper third of oven; preheat broiler to High.
3. Pulse pistachios in a mini food processor until coarsely chopped. Add brown sugar, butter, sage and ¼ teaspoon salt and pulse until the mixture starts to clump.
4. Cut each squash half into 4 pieces and place on a baking sheet. Brush the squash with oil, sprinkle with the remaining ¼ teaspoon salt and top with the pistachio mixture. Broil, turning the pan from back to front halfway through, until the topping is browned, 2 to 3 minutes.

SERVES 8: 1 piece each

CAL 152 / **FAT** 10G (SAT 3G) / **CHOL** 8MG / **CARBS** 16G / **TOTAL SUGARS** 9G (ADDED 5G) / **PROTEIN** 3G / **FIBER** 3G / **SODIUM** 169MG / **POTASSIUM** 253MG

+ SIDE PROJECT Get our best winter vegetable sides at eatingwell.com/wintervegges

Roasted Salt-&-Vinegar Turnips

ACTIVE: 15 min **TOTAL:** 50 min

Simmering turnips with vinegar before roasting infuses the flavor throughout. Try this technique with other root vegetables and potatoes too.

- 1½ pounds turnips, peeled and cut into 1-inch wedges
- 3 cups water
- ½ cup malt or cider vinegar plus 1 tablespoon, divided
- 2 tablespoons extra-virgin olive oil
- ½ teaspoon salt, divided
- 1½ teaspoons chopped fresh chives

1. Preheat oven to 450°F.
2. Combine turnips, water and ½ cup vinegar in a large saucepan. Bring to a boil over high heat. Reduce heat to medium-low, cover and simmer until the turnips are just fork-tender, about 10 minutes. Drain and pat dry.
3. Transfer the turnips to a large bowl and toss with oil and ¼ teaspoon salt. Spread out on a large rimmed baking sheet. Roast, stirring once, until golden brown, 20 to 25 minutes.
4. Toss the turnips with the remaining 1 tablespoon vinegar and ¼ teaspoon salt and serve topped with chives.

SERVES 4: about ½ cup each

CAL 102 / **FAT** 2G (SAT 1G) / **CHOL** 0MG / **CARBS** 9G / **TOTAL SUGARS** 5G (ADDED 0G) / **PROTEIN** 1G / **FIBER** 2G / **SODIUM** 381MG / **POTASSIUM** 266MG

Escarole Waldorf Salad

ACTIVE: 20 min **TOTAL:** 20 min

Our modern take on the classic Waldorf salad adds walnut "breadcrumbs" and a creamy dressing that gets tang from sour cream and yogurt.

- ½ cup walnuts
- 3 tablespoons extra-virgin olive oil, divided
- Pinch of salt plus ½ teaspoon, divided
- 2 tablespoons sour cream
- 2 tablespoons whole-milk plain yogurt
- 1 tablespoon cider vinegar
- ½ teaspoon ground pepper
- 1 medium head escarole, torn into ½-inch pieces (about 10 cups)
- 1 medium apple, thinly sliced
- 1 cup thinly sliced celery
- 1 cup seedless red grapes, halved

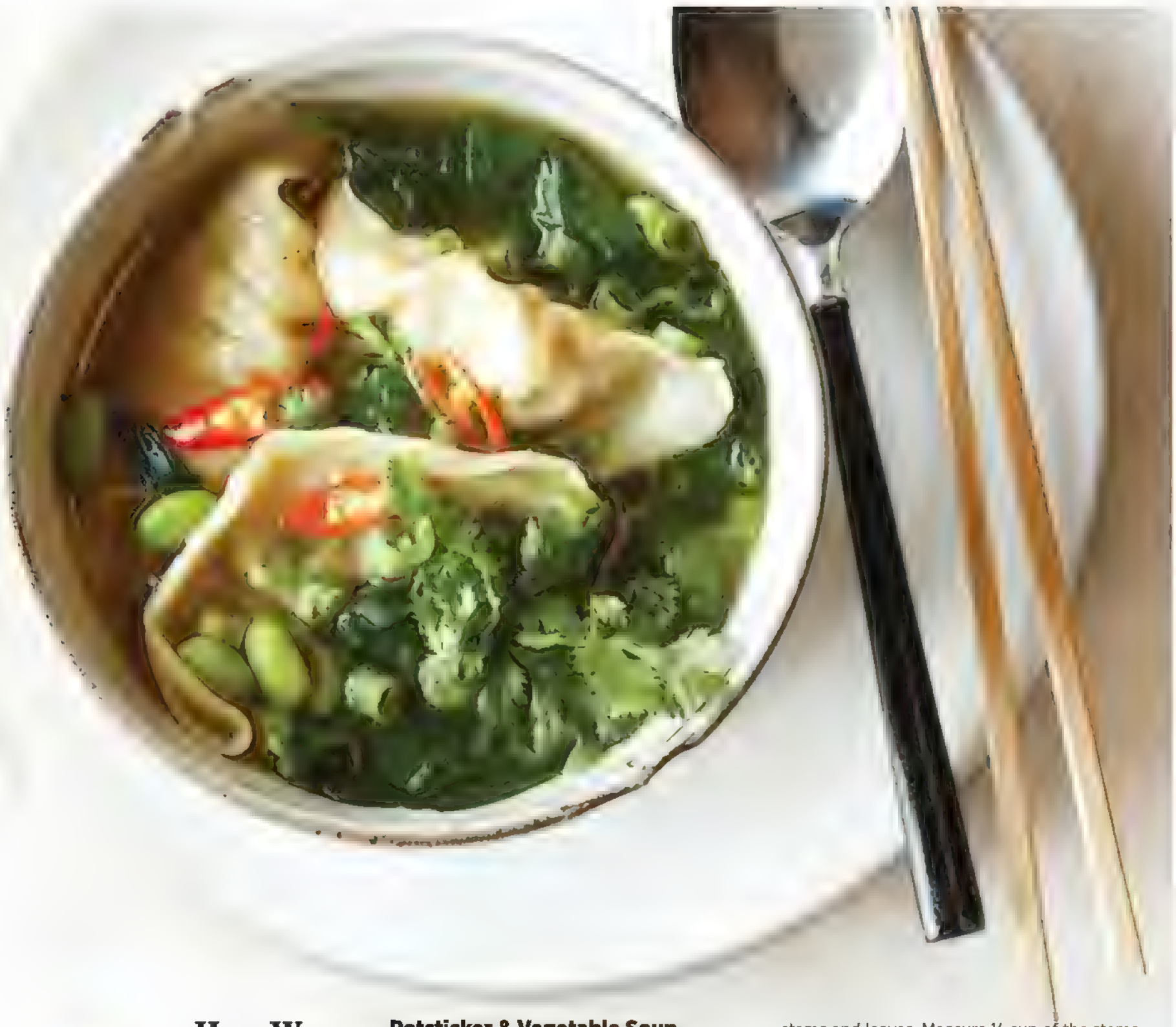
1. Pulse walnuts in a mini food processor until they resemble coarse breadcrumbs.
2. Heat 1 tablespoon oil in a small skillet over medium heat. Add the walnuts and a pinch of salt. Cook, stirring, until lightly browned, 1 to 2 minutes. Transfer to a plate.
3. Whisk sour cream, yogurt, vinegar, pepper and the remaining 2 tablespoons oil and ½ teaspoon salt in a large bowl. Add escarole, apple, celery and grapes; toss to coat. Serve topped with the walnuts.

SERVES 6: about 2 cups each

CAL 180 / **FAT** 14G (SAT 2G) / **CHOL** 3MG / **CARBS** 14G / **TOTAL SUGARS** 8G (ADDED 0G) / **PROTEIN** 3G / **FIBER** 4G / **SODIUM** 255MG / **POTASSIUM** 447MG.

LEAN & GREEN

Escarole's good-for-you plant compounds include chlorogenic acid, which has shown promise in treating obesity and metabolic syndrome.



How We Go Fast

Frozen Potstickers
One of our favorite convenience foods, you can find them everywhere from small supermarkets to warehouse stores like Costco. They can be made with chicken, beef or pork, and there are vegetarian versions too.

Store-Bought Broth
Kick up the flavor by simmering it with aromatics before adding the rest of the ingredients.

Potsticker & Vegetable Soup

ACTIVE: 30 min **TOTAL:** 30 min

Shao Hsing (or Shaoxing) is a seasoned rice wine used in Chinese cooking. Look for it in Asian specialty markets or with other Asian ingredients in large supermarkets.

- **1 bunch scallions, trimmed**
- **1 bunch fresh cilantro**
- **3 tablespoons toasted sesame oil, divided**
- **4 cloves garlic, smashed**
- **1 2-inch piece fresh ginger, sliced**
- **1 2-inch piece lemongrass, bruised**
- **1 dried red chile**
- **¼ cup Shao Hsing rice wine *or* dry sherry**
- **6 cups low-sodium chicken broth *or* "no-chicken" broth**
- **1 20- to 24-ounce package frozen potstickers *or* dumplings**
- **1 5-ounce package baby spinach**
- **1½ cups frozen shelled edamame**
- **2 tablespoons reduced-sodium soy sauce**
- **Sliced fresh red chile (optional)**

1. Cut scallion whites into 2-inch pieces. Thinly slice ¼ cup of the greens. Separate cilantro stems and leaves. Measure ¼ cup of the stems and coarsely chop ¼ cup of the leaves. Set aside the scallion greens and cilantro leaves (reserve any extra for another use).

2. Heat 1 tablespoon oil in a large pot over high heat. Add the scallion whites, cilantro stems, garlic, ginger, lemongrass and dried chile; cook, stirring occasionally, until charred in spots, 3 to 4 minutes. Add rice wine (or sherry) and cook, scraping up any browned bits with a wooden spoon, until mostly evaporated, about 1 minute. Add broth, cover and cook for 10 minutes.

3. Using a slotted spoon, remove the solids from the broth and discard. Add potstickers (or dumplings) to the broth, cover and return to a simmer. Cook for 4 minutes. Stir in spinach and edamame; remove from heat and let stand, covered, for 1 minute. Stir in soy sauce. Serve topped with the reserved scallion greens and cilantro leaves, the remaining 2 tablespoons oil and chile slices, if desired.

SERVES 4: 2¼ cups each

CAL 457 / **FAT** 18G (SAT 2G) / **CHOL** 33MG / **CARBS** 39G / **TOTAL SUGARS** 3G (ADDED 0G) / **PROTEIN** 33G / **FIBER** 6G / **SODIUM** 893MG / **POTASSIUM** 347MG.

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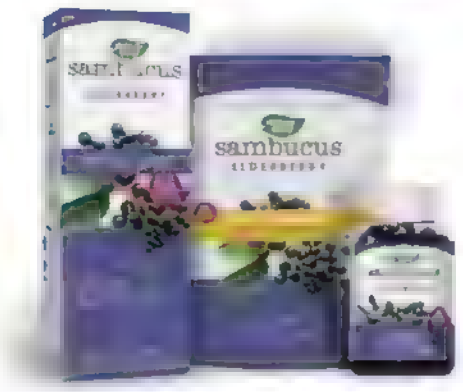

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Souvlaki-Style Pork Chops with Celeriac-Apple Tzatziki

ACTIVE: 30 min **TOTAL:** 30 min
TO MAKE AHEAD: Refrigerate tzatziki (Step 4) for up to 3 days.

Seasoning the pork chops with a bit more oregano after they're cooked gives you an extra-potent pop of flavor.

- **Zest & juice of 1 lemon, divided**
- **1¼ teaspoons dried oregano, divided**
- **¾ teaspoon ground pepper, divided**
- **½ teaspoon garlic powder**
- **½ teaspoon salt, divided**
- **4 boneless pork loin chops, about ¾ inch thick (1-1¼ pounds)**
- **1 whole-wheat pita bread**
- **2 teaspoons extra-virgin olive oil plus 1 tablespoon, divided**
- **¾ cup whole-milk plain Greek yogurt**
- **½ cup shredded apple**
- **½ cup shredded celeriac**
- **Chopped fresh mint (optional)**

1. Combine lemon zest in a small bowl with 1 teaspoon oregano, ½ teaspoon pepper, garlic powder and ¼ teaspoon salt. Sprinkle on both sides of pork chops. Brush pita with 2 teaspoons oil.
2. Heat a large cast-iron skillet over medium-high heat. Cook the pita, turning once, until lightly browned, about 2 minutes total. Transfer to a plate, break into pieces and set aside.
3. Add the remaining 1 tablespoon oil and the pork chops to the pan. Reduce heat to medium and cook, turning once, until browned, about 5 minutes total. Drizzle with 2 tablespoons lemon juice (reserve the rest for Step 4) and continue cooking until an instant-read thermometer registers 140°F, 2 to 3 minutes more. Remove from heat and sprinkle the pork with the remaining ¼ teaspoon oregano. Let rest for 5 minutes.
4. Meanwhile, combine yogurt, apple and celeriac in a medium bowl with the remaining lemon juice and ¼ teaspoon each salt and pepper. Serve the pork chops with the tzatziki and the pita chips. Garnish with mint, if desired.

SERVES 4: 1 chop, ⅓ cup tzatziki & ¼ pita each
CAL 387 / **FAT** 21G (SAT 6G) / **CHOL** 74MG / **CARBS** 19G / **TOTAL SUGARS** 5G (ADDED 0G) / **PROTEIN** 31G / **FIBER** 3G / **SODIUM** 488MG / **POTASSIUM** 514MG

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Hand-Chopped Steak Burgers with Caramelized Fennel

ACTIVE: 40 min **TOTAL:** 40 min

Chopping steak instead of using ground beef to make these burgers gives them a more toothsome texture. Come summer, give this a cooler spin by tossing the raw fennel with 2 Tbsp. vinegar and 1 Tbsp. oil to serve alongside.

- **2 medium fennel bulbs with fronds (about 1½ pounds)**
- **1 pound boneless strip steak**
- **1 clove garlic, grated**
- **¼ cup red-wine vinegar**
- **1 tablespoon chopped fresh sage**

1. Finely chop ½ cup fennel fronds and set aside (reserve remaining fronds for another use). Halve, core and thinly slice the bulbs.
2. Chop steak into ¼-inch pieces. Combine in a medium bowl with garlic and ¼ teaspoon salt; mix well. Shape into 4 patties about ¾ inch thick.
3. Heat 2 tablespoons extra-virgin olive oil in a large skillet over medium-high heat. Add the burgers and cook, turning once, until browned, 3 to 5 minutes for medium-rare. Transfer to a plate.
4. Reduce heat to medium. Add the sliced fennel and cook, stirring occasionally, until lightly browned, 2 to 3 minutes. Add vinegar, sage and ½ teaspoon salt and cook, scraping any browned bits, until the liquid has evaporated and the fennel is just tender, 4 to 5 minutes. Remove from heat and stir in the reserved fennel fronds and any accumulated juices from the burgers. Serve the fennel with the burgers.

SERVES 4: 1 burger & about ¾ cup fennel each
CAL 321 / **FAT** 19G (SAT 6G) / **CHOL** 81MG / **CARBS** 10G / **TOTAL SUGARS** 5G (ADDED 0G) / **PROTEIN** 28G / **FIBER** 4G / **SODIUM** 560MG / **POTASSIUM** 879MG

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Cider-Sesame Chicken Wraps

ACTIVE: 20 min **TOTAL:** 40 min

Here we gently poach chicken in cider and broth, along with aromatics like onion and bay leaves, then reduce the poaching liquid to stir into the chicken, yielding terrific flavor.

- **1 pound boneless, skinless chicken thighs, trimmed**
- **2 cups apple cider**
- **1 cup low-sodium chicken broth**
- **1 small onion, quartered**
- **2 bay leaves**
- **2 cups finely shredded red cabbage**
- **1 tablespoon whole-grain mustard**
- **1 tablespoon cider vinegar**
- **2 teaspoons toasted sesame oil**
- **½ teaspoon salt, divided**
- **½ cup julienned radishes**
- **1 tablespoon sesame seeds**
- **4 whole-wheat wraps, warmed**

1. Combine chicken, cider, broth, onion and bay leaves in a large skillet. Cover and bring to a boil over medium-high heat. Uncover, turn the chicken over and reduce heat to a simmer. Cook until an instant-read thermometer inserted in the thickest part registers 160°F, 6 to 8 minutes. Transfer the chicken to a clean cutting board. Return the liquid to a boil over high heat and cook until reduced to ⅓ cup, 15 to 20 minutes.

2. Meanwhile, toss cabbage in a medium bowl with mustard, vinegar, oil and ¼ teaspoon salt; massage until softened. Add radishes and sesame seeds and toss to combine.

3. Discard the onion and bay leaves. Shred the chicken and stir into the sauce along with the remaining ¼ teaspoon salt. Serve the chicken and slaw in wraps.

SERVES 4: 1 wrap each

CAL 508 / **FAT** 17G (SAT 5G) / **CHOL** 76MG / **CARBS** 57G / **TOTAL SUGARS** 18G (ADDED 0G) / **PROTEIN** 29G / **FIBER** 4G / **SODIUM** 942MG / **POTASSIUM** 337MG.

THE RIGHT WRAP
Look for "whole-wheat" or "whole-grain" flour as the first ingredient to get an extra 2 grams of fiber per wrap.

KITCHEN NOTE

EASY CLEAN
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Ch-Ch-Ch-Chia!

Need a breakfast makeover? These itty-bitty seeds may be just the thing to jump-start your day.

Fruity Chia Pudding

ACTIVE: 5 min **TOTAL:** 8 hrs 5 min
TO MAKE AHEAD: Refrigerate pudding (Step 1) for up to 3 days.

Mixed with a fruity base and refrigerated, chia seeds expand to form a thick, creamy texture similar to tapioca. Pudding for breakfast? We're in.

- 1⅓ cups blackberries, raspberries *and/or* diced mango (fresh or frozen), divided
- 1 cup unsweetened almond milk *or milk of choice*
- ⅓ cup chia seeds
- 1 tablespoon pure maple syrup
- ¾ teaspoon vanilla extract
- ½ cup whole-milk plain Greek yogurt
- ¼ cup granola

1. Puree 1¼ cups fruit and milk in a blender or food processor until smooth. Scrape into a medium bowl; mix in chia, syrup and vanilla. Cover and refrigerate for at least 8 hours and up to 3 days.

2. Divide the pudding between 2 bowls, layering each serving with ¼ cup of the remaining fruit, ¼ cup yogurt and 2 tablespoons granola.

SERVES 2: about 1⅓ cups each

CAL 343 / **FAT** 15G (SAT 3G) / **CHOL** 8MG / **CARBS** 39G / **TOTAL SUGARS** 18G (ADDED 6G) / **PROTEIN** 14G / **FIBER** 14G / **SODIUM** 125MG / **POTASSIUM** 573MG.

*** Chia seeds are packed with fiber, a nutrient Americans often fall short on. Just 2 tablespoons provides a whopping 9 grams of fiber.**

+ **MORE CHIA** Get more chia pudding recipes at eatingwell.com/chiapudding

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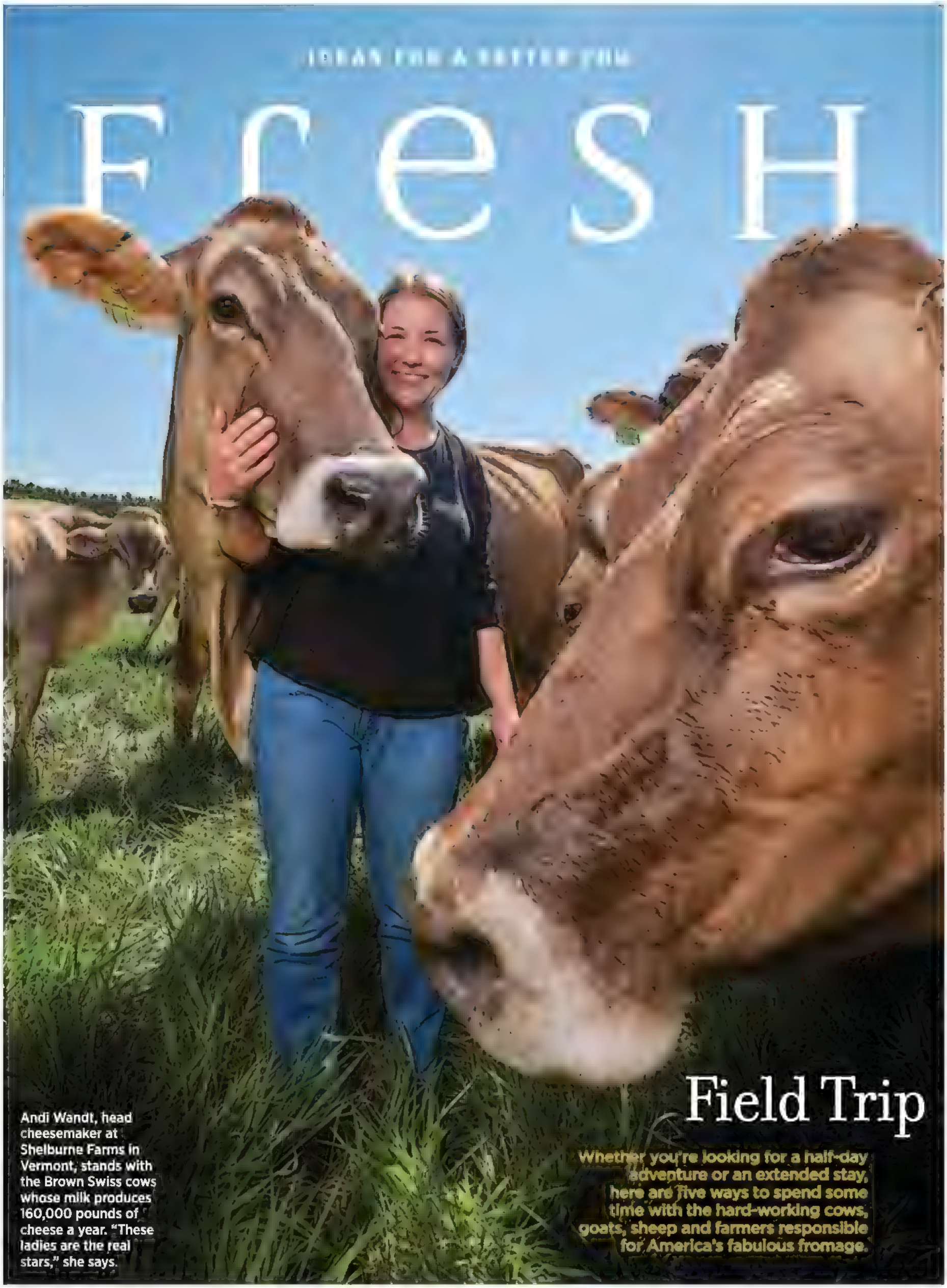

Andi Wandt, head cheesemaker at Shelburne Farms in Vermont, stands with the Brown Swiss cows whose milk produces 160,000 pounds of cheese a year. "These ladies are the real stars," she says.

Field Trip

Whether you're looking for a half-day adventure or an extended stay, here are five ways to spend some time with the hard-working cows, goats, sheep and farmers responsible for America's fabulous fromage.

PHOTO: BRETT SIMISON

By JEANETTE HURT

After adding the rennet, Shelburne Farms cheesemakers use a set of knives called a harp to cut the curds for their award-winning Cheddar.

Will Travel *for* Cheese

OWENSVILLE, MO

Cool Cow Cheese

Sandwiched between wine regions—yes, in Missouri—this secluded, 160-year-old farmstead boasts vistas of green pastures and cows instead of vineyards. (Don't worry, those aren't far. Because what's cheese without a little wine?) During your visit, take a cheesemaking class to learn how this farm makes its buttery Edam, rich Gouda (*below*) and queso blanco, available in an array of flavors (garlic is a fan favorite). Stay in Cool Cow's bed-and-breakfast, featuring rustic-chic remodeled hayloft suites with 18-foot ceilings, and relax on the covered porch that has windows directly into the creamery. ***$125-175/night: coolcowcheese.com***

CUMBERLAND, ME

Sunflower Farm Creamery

This farmstead is a perfect day trip from Portland, which is just 10 miles away. (There's no on-site hotel.) Learn how they make feta and a chèvre that's so pleasantly mild it's almost sweet (think ricotta, but with a smoother texture). They make goat's-milk caramels and yogurt too. Visit on a Thursday night in summer for goat yoga and stretch into a downward "goat" pose alongside their Nigerian Dwarf goats. "No one can take themselves too seriously if there's a whole herd of goats wandering around class," says Hope Hall, the farmer, cheesemaker and yoga instructor. ***Yoga by donation; $60 cheesemaking classes: sunflowerfarm.info***

KULA, HI

Surfing Goat Dairy

After a day on Maui's epic beaches, swing by Surfing Goat Dairy (*above*) on the slopes of the Haleakala crater. Decked out in surfboards, this creamery offers the chance to herd, feed and milk the goats. The farm makes more than 30 cheeses, including chèvre (served at President Obama's inauguration festivities), as well as varieties packed in macadamia nut oil, and quark mixed with local strawberries. ***Various activities, $8 to $55: surfinggoatdairy.com***

SHELBURNE, VT

Shelburne Farms

This historic dairy won first place in the 2018 American Cheese Society Cheddar cheese competition for its über-smooth and creamy 6-month-old Cheddar. And this is just one of Shelburne Farms' stellar cheeses made from the milk of its 110 Brown Swiss cows. Watch for the November release of its best-selling beer Cheddar, made with local Fiddlehead Brewing Company IPA. Or schedule your trip in 2020 for a 4-year-old "leap" cheese, made each February 29. Check out the class list that goes beyond cheesemaking, into topics like mushroom foraging and medicinal plants. Or wander through its 10 miles of idyllic trails. From mid-May to mid-October, stay in the luxurious 19th-century mansion and dine in its restaurant, which relies on daily harvests from its own fields and features a selection of Vermont cheeses on its dessert menu. ***Classes start at $5; Inn $160-$530/night: shelburnefarms.org***

WESTBY, WI

Hidden Springs Creamery

This region of Wisconsin boasts deep river valleys, undulating hills, scenic bluffs—plus Brenda Jensen (*above*) and her flock of 700 East Friesian and Lacaune sheep. The cheeses she makes from their milk have amassed some 100 awards since 2002 and include the delicate and fresh Driftless (a sheep's-milk version of chèvre) and the Manchego-like "Wis-chego," an American Cheese Society first-place winner. Enjoy a tour of the farm's tree-lined pastures followed by a tasting. Then relax at the intimate bed-and-breakfast, complete with private porch and hot tub. ***$500/night, including tastings and tours: hiddensprings creamery.com***

+THE BIG CHEESE Find five health benefits of eating cheese at eatingwell.com/cheesebenefits

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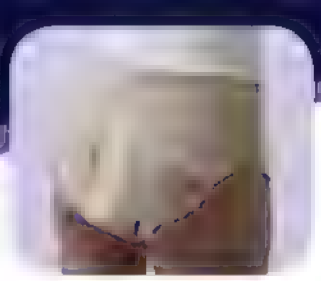

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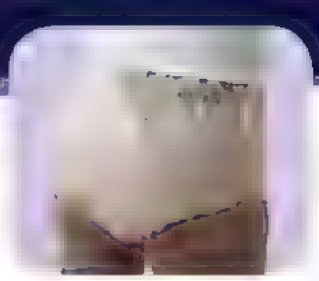

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Up Lift

Whether you have the occasional frazzles or are living with an anxiety disorder, talk with your doctor. Here are strategies that can help you feel some peace on Earth. By Julia Westbrook

Out-Climb Your Worry

Rock climbing helped people reduce anxiety related to phobias and lower their depression scores, German researchers found. Wall-scaling promotes skills useful for bolstering mental health, like trusting yourself and others and being present in the moment. But *any* physical activity can be beneficial. Research published in *Psychiatry Research* found that exercise in general has benefits on par with common anti-anxiety medications—perhaps because physical activity increases a protein in the brain (called BDNF) that helps you learn that something you initially thought was dangerous really isn't. Aim for at least 2½ hours a week of moderate-intensity exercise, like brisk walking.

Put Worry to Bed

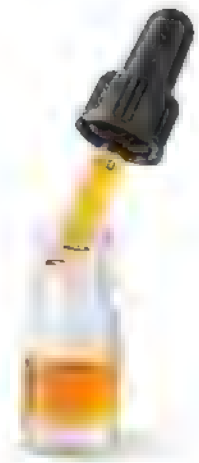
Rumination, a hallmark of anxiety, may stem from insufficient sleep. Binghamton University researchers asked people prone to this type of thinking to look at positive and negative images and followed their attention using eye-movement tracking. Sleep habits were also recorded. Those who got fewer zzz's focused on, and had a harder time disengaging from, negative images. Sleep-deprived brains are more likely to perceive something that's no big deal as a threat. Plus, tired people lack the mental resources needed to break away from negative thinking. Most adults need about 7 to 9 hours of snooze time nightly.

Go Mediterranean

Headlines like "I Gave Up Sugar and It Cured My Anxiety" make us cringe because demonizing one food is overly simplistic. Australian researchers found that improving your overall diet may be a better tactic. After going on a Mediterranean-inspired diet, participants saw their anxiety scores improve by about 30 percent. Yes, they ate fewer sweets, refined carbs and fried food, but none of these were totally forbidden. A healthy diet may impact anxiety through the gut-brain connection. What we eat impacts the beneficial bacteria in our microbiome that, in turn, produce mood-moderating chemicals in the brain, like serotonin and tryptophan.

Get Your Magnesium Up

Spinach, cashews and black beans: think of these magnesium powerhouses as your new comfort foods. University of Vermont researchers found that taking a 500 mg magnesium chloride supplement lowered people's anxiety scores (based on a questionnaire) by 4.5 points, moving many participants from the moderate-to-severe anxiety range to one considered mild. Magnesium plays many important roles in the brain, including regulating hormones and neurotransmitters that influence mood.



Is CBD Good for Anxiety?

Derived from the same plant as marijuana and hemp, cannabidiol oil (aka CBD oil, sold in drops, supplements and added to food) is touted for its *agita*-quelling powers, without the high. Much of the supporting evidence comes from animal studies, but there's some promising human research too. One small study found that people with social anxiety experienced fewer symptoms, including cognitive impairment and negative self-talk, when they took a CBD supplement before speaking in public. Research suggests CBD increases anandamide, a feel-good brain chemical. It may also influence the release of neurotransmitters that control mood and behavior, and change blood flow to brain regions linked to fear and anxiety.

Should you try it? Experts aren't ready to recommend it—yet. "Over-the-counter products may not be the right dose, might interact with other medications and could contain THC, which can make some people anxious," says Esther Blessing, M.D., Ph.D., an assistant professor of psychiatry at the New York University School of Medicine. Still, she and other researchers are excited for the future of CBD. "I've never come across a drug as promising as CBD to treat such a range of neuropsychiatric disorders, including anxiety," she says. If you want to try it, check your local laws (it's not legal everywhere) and consult your doctor. —*Christine Yu*

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This Drink Is on Fire!

The drinking-vinegar trend is booming, but for Dana St. Pierre, this hot sip is far from new

Dana St. Pierre's foray into sipping vinegars started with his Mutti (that's "Grandma" in German)—a stalwart tonic maker and farmer in Berkshire County, Massachusetts. Battling colds in the brutal New England winters, Mutti turned to home remedies from her "make it yourself" upbringing and passed them on to her kids and grandkids.

"She'd feed me spoonfuls of honey steeped with garlic and onions," remembers St. Pierre. "It wasn't enjoyable, but it was powerful; I always wished it were both." So he made it his mission to accomplish that feat. After years of experimenting, he finally hit on a winning recipe with citrus, onions, garlic, ginger, horseradish, habaneros, turmeric, black pepper and another of Mutti's favorite tonic ingredients: apple-cider vinegar.

In 2010, St. Pierre and his wife, Amy Huebner, made about 80 bottles for a local festival and aptly dubbed it "Fire Cider." It sold out. Shortly after, locals showed up at their home begging for refills. Confident of their formula, they launched their Fire Cider business, which now supplies more than 4,500 stores and restaurants.

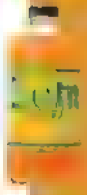
"Drinking vinegar intersects the old-timey, Mutti-inspired view of health with a newer version, that essentially states the same thing: food is medicine," says St. Pierre.

Like most home remedies, there's not a lot of science to support the benefits, but the tonic is a punchy way to liven up any beverage. Stir a couple of tablespoons into seltzer, mulled cider, or Earl Gray or chai tea. Or go old-school and take it as a bracing straight-up shot, just like Mutti did.

—Julia Clancy

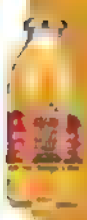
VINEGARS TO DRINK

"It's spicy, tangy and sweet—in that order," says Amy Huebner, Fire Cider co-founder.



A balance of sweet and tart, these fruity vinegars are best added to seltzer.

With flavor combos like pineapple turmeric and chai pear, these are great for cocktails.



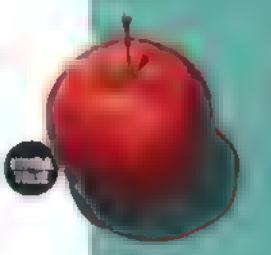
Mellow with a honey-forward flavor, and ready to drink out of the bottle.

THE TRUTH METER

Apple-Cider Vinegar Edition

ACV BOOSTS METABOLISM

Sipping apple-cider vinegar (aka ACV) may improve measures of metabolic health—helping regulate blood sugar and reduce LDL cholesterol and, in some cases, aiding weight loss. There's more animal than human research, but results are encouraging.



ACV KILLS GERMS

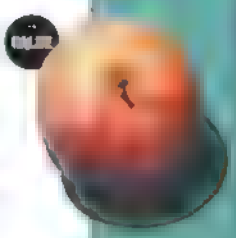
In lab tests, it kills pathogens including *E. coli*. But in your body? Too soon to say. While acids kill germs, stomach acid is more potent than ACV. More than just acidity may be at play, however: preliminary research suggests that ACV's polyphenols could improve immunity.

ACV IMPROVES DIGESTION

Anecdotal evidence? Galore! Science? We found squat. Cleveland Clinic gastroenterologist Scott Gabbard, M.D., says it may be a placebo effect: "In digestion studies, placebos help patients 30-40% of the time."

ACV IS A PROBIOTIC

The murky "mother" at the bottom of unpasteurized ACV contains bacteria (*Acetobacter*), but there's scant research saying that this type of bacteria improves health or even survives in the gut.



ACV ALKALIZES YOUR BODY

We found no evidence that eating certain foods (ACV or otherwise) impacts the pH of your blood, or that you'd want it to. *—J.W.*

OLIVER PARINI

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By LUCY M. CASALE

Green Thumb Not Required

When Nikhil Arora and Alejandro Velez head to a holiday party, they forgo the bottle of wine in favor of a more unique hostess gift. The Bay Area co-founders of Back to the Roots, an indoor gardening kit company, put a bow on one of their Organic Mushroom Farms ($20, *backtotheroots.com*). "It's more than a gift, it's an experience!" Arora says. And it's an experience that goes beyond just the recipient: snap a picture of your shrooms, share it on social media with the hashtag #GrowOneGiveOne, and the company will donate a kit to the elementary school classroom of your choice.

This mushroom farm is perfect for impatient gardeners of any age: you reap a harvest of organic pearl oyster mushrooms in about 12 days. Plus, the fungi are a good way to get more vitamin D. Mushrooms only produce this vitamin when they're exposed to sunlight—unlike most commercial ones that are grown in the dark—and the kits thrive on your windowsill.

Arora loves to serve these mushrooms as a meat alternative in tacos, but they can also be served up simply sautéed in butter. "When you grow them and they're plump and juicy, you don't need to do much to enjoy them," he says.

plant your plate

Visit *eatingwell.com/plantyourplate* for more ways to grow your own food, plus other giftable garden ideas.

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Poinsettias are pretty, but these indoor gardening kits are presents that bring more to the table.

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Made from recycled steel, the sleek window box by **Potting Shed Creations** is perfect for modern kitchens ($54).

Fresh greens are always in reach with the countertop kit by **Chef'n** ($30).

+GIVE IT Find more gifts for the gardener chef at eatingwell.com/gardenergifts

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PET HEALTH

"How can I keep my dog active in winter?"

For starters, keep going for walks and playing outside with your pup. Winter gives you some unique opportunities: try setting up a backyard scavenger hunt by hiding kibble or toys in the snow or playing fetch with snowballs. If you find it hard to muster the motivation to bundle up, remember that you're getting the benefit too. Eighty percent of Americans don't get enough physical activity, and exercising with your furry friend is a fun way to meet your health goals. Research also shows that regularly walking your dog can lower stress levels, keep weight in check and increase your sense of community.

Of course, keep safety in mind: be sure to use pet-safe products to melt snow and ice that won't hurt your dog's paws and get pad-protecting booties for walks. If your dog has very short fur, he may also need a coat, but for dogs with long or thick fur, it could actually cause him to overheat. (Check with your vet if you're not sure.)

If it's truly too cold to go outside, there are plenty of indoor activities to try instead. Food-dispensing toys and interactive or puzzle toys can be a great way to get him moving indoors. Indoor agility courses, found at many dog-training facilities, can also be fun. Feeling creative? Make a DIY course at home with obstacles like boxes and kids' tunnels.

Finally, if your pet is overweight, ask your vet about physical therapy programs. For instance, the Tufts Obesity Clinic for Animals where I work has indoor underwater treadmill and swimming in the winter to keep them active. For smaller dogs, you can even try this at home, supervised in your bathtub!

Deborah E. Linder, D.V.M., M.S., D.A.C.V.N., *Tufts Institute for Human-Animal Interaction*

Dog owners are
20%
more active than people without dogs, even in bad weather!
SOURCE: Journal of Epidemiology and Community Health

+WOOF! Answers to pet questions at eatingwell.com/pets

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BLUE BUFFALO HOME 4 THE HOLIDAYS

By SIMRAN SETHI

The Poor Diet

Surprising new research upends the conventional wisdom on the connection between income and food choices

$1.48

How much more a healthy diet costs on average per day compared to an unhealthy one, adding up to about $540 per year. That's a 20 percent food-budget increase for the average family in the lowest income bracket.

SOURCES: Harvard University; U.S. Bureau of Labor Statistics

Food is love. It's a sentiment shared across classes and cultures—and highlighted during the holidays. But not everyone is equally well-fed: approximately 1 in 8 Americans—including 13 million children—experience food insecurity annually, meaning they lack consistent access to adequate amounts of food. To compound the issue, these families are also more likely to have unhealthy diets. Why do hunger and unhealthy food go hand in hand? A recent study has uncovered a novel perspective.

The Problem with "Fixing" Food Deserts

Experts often say hunger and poor diet are connected because low-income neighborhoods can lack access to fresh fruits and vegetables—they're food deserts. This theory has fueled policies and interventions that attempt to bring more fresh food into these neighborhoods. But the results have been so-so. A study from the National Bureau of Economic Research found that increasing low-income families' access to healthy foods improved diet by only 9 percent.

"Food-desert programs imply a silver-bullet solution, but that's a misguided approach," says Priya Fielding-Singh, a postdoctoral fellow at Stanford University, who has spent the better part of a decade wrestling with this question. "It glosses over the root causes of diet disparities."

Nourishment Beyond the Body

Instead of just looking at where people live, Fielding-Singh says we need to address the psychological drivers of food purchasing too. Interviewing 160 parents and kids of varying incomes, she found that low- and high-socioeconomic parents attribute very different meanings to buying junk food.

"Poor families use food to compensate for other realms of scarcity," she says. While they may not have the means to buy their kids bikes or fancy clothes, they can "splurge" on inexpensive ice cream or soda when their kids ask for it. "In a world where parents have to constantly say no to their kids' wishes, cheap junk food offers them a rare chance to say yes." And all parents understand these foods aren't healthy. "No one told me, 'Giving my kid a doughnut is a healthy option.' Everyone wanted their kids to eat more fruits and vegetables," she says. But, for low-income parents, these small treats reinforce feelings they can provide joy for their kids.

The opposite was true for financially secure parents: restricting access to unhealthy foods was a way to show their affection. For people who were consistently able to say yes to their children's material needs, saying no to a request for junk food was perceived as responsible parenting.

Bridging the Divide

Clearly, solving this diet disparity is a multifaceted issue. One place to start is education—not necessarily for parents, but for children. "Kids play a huge role in what families eat, especially in poor families," Fielding-Singh says. "They're the ones whose tastes and preferences often guide everyone's diet." And most kids like junk food. "Giving them an apple, even if you can now afford it through programs like SNAP [formerly food stamps], isn't going to be an act of love if they don't want it. It's an act of love when what parents can give is equal to what the kids want."

Many low-income children receive free meals at their public schools, making it a key place to shift taste buds. Research shows that kids who eat more fruits and veggies at school ask their parents to buy more produce at the store and choose to eat it at home.

There's also broader public perception. "Food and parenting are two realms where it's easy to judge other people's actions," she says. "I hope my research will help others realize that any of us in that situation would do the same to show our children that we hear them, love them and can provide for them."

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By PAMELA REDMOND SATRAN

Dear Martha: Plan *This*.

You know those "easy" holiday game plans that promise to help you create the perfect meal if only you follow them week-by-week, day-by-day, minute-by-minute? Yeah, it doesn't happen that way.

"...I don't know...she stumbled around the dairy aisle, made a dash for the turkeys, then just collapsed!"

FIVE WEEKS BEFORE

Plan the Menu

Copy all your favorite recipes and draw up a master shopping list. Order floral centerpieces, invite guests. Congratulate self on how serene and organized you feel. This is definitely going to be the very best holiday dinner ever, produced with the least amount of fuss. Simple!

FOUR WEEKS BEFORE

Make and Freeze Soup

OK, so there may be no *simple* way to make parsnip pumpkin soup, but you're preparing the whole thing pre-insanity. And you're making excellent use of the entire Halloween pumpkin! Clean your freezer to make room for the soup, and while you're at it, clean the refrigerator, clear out the pantry, and better buy a new dishwasher too. And a sofa. And get the house painted. Wait a minute. Where were you? Oh right, the soup...

THREE WEEKS BEFORE:

Delegate Side Dishes, Make Place Cards

Assign guests their contributions to the meal: cocktails, cranberry sauce, potatoes, pies. Create a spreadsheet to coordinate refrigerator, stove and oven times. Order cardstock from Japan and take calligraphy course to produce beautiful place cards and design a seating chart to maximize fellowship and minimize bickering. Recognize that you are not merely a host or a cook, but a bountiful goddess with the power to conjure love, happiness and the true magic of the holiday season.

TWO WEEKS BEFORE

Pick Up Turkey

Visit free-range turkey farm to individually select your bird, which you then slaughter in an ethical manner. As you wash the turkey blood from your hands, contemplate going vegan. You definitely might, but not before you eat that turkey, which costs approximately 23 times as much as the supermarket one that comes complete with pop-up thermometer.

Check RSVPs

Reconfirm everyone on the guest list is coming; they are. Reconfirm their meal contributions; they've all forgotten and are too busy/depressed/incompetent to even consider re-creating Granny Miller's cranberry sauce or condensed-soup casserole. Instead, everyone offers to bring a bottle of wine. Consider not only disinviting but disemboweling them. Instead, agree to the wine contribution, given that your personal wine needs have now tripled.

THREE DAYS BEFORE:

Set the Table

Lay out all your serving dishes, with notes on what goes in each. Take out your table linens to iron; remember you don't own an iron. Go online to buy an iron and end up planning a spa week at a remote island in January. But forget the iron.

Brine Turkey

Prepare the brine, then discover the turkey is still frozen. Run it under hot water. Still frozen. Blast it with a hair dryer. Still frozen. Look up other thawing techniques, only to realize that you have now maybe probably made your gently slaughtered bird unsafe for consumption. Brine it anyway.

EIGHT HOURS BEFORE:

Begin Prep Work

Wake up and without even changing out of your pajamas, head in desperation to the nearest supermarket. Bakery is packed with beautiful pies. Ready-made mashed potatoes and sweet potatoes and cranberry sauce are in plentiful supply. Supplement the basics with as much heavy cream and butter as you normally consume in a year, on the theory that if you use enough, no one will notice what's underneath.

FOUR HOURS BEFORE:

Start the Turkey

Shove turkey in the oven with a little salt and pepper. Cook the bird to 190 degrees instead of 165 to (hopefully) solve thawing debacle.

ONE HOUR BEFORE:

Warm Up Sides

Transfer everything to your own serving dishes and bury the evidence in the neighbor's trash. Resist the urge to clean and instead, turn down all the lights and change into your best clothes. Or any clothes that are not pajamas. Scrub the tear stains off your cheeks. Practice smiling.

Party Time!

Greet your guests, pour drinks and direct your brother's turkey-carving. Order everyone to find their places in the dining room and begin passing the meal while you finish making the gravy. Enjoy a moment of peace as you add first a little flour to the gently simmering pan juices, then a little water, then some more flour, then a little cream, until you have at least a gallon of gravy as pale as coconut milk.

Burst in bearing the gravy, full of apologies for keeping everybody waiting, to find that they are, in fact, nearly done eating. They completely forgot about not only the gravy, but about *you*. But they're also having a wonderful time. Soak in the compliments, feeling absolutely no need to confess your shortcuts. Prepare your own plate, hogging all the gravy with impunity. And dream about that spa trip in January.

PAMELA REDMOND SATRAN *is the author of the bestselling humor collection* How to Not Act Old. *Her novel,* Younger, *inspired the hit TV Land show.*

+FOR THE REST OF US Here are some last-minute holiday recipes at eatingwell.com/lastminuteholidays

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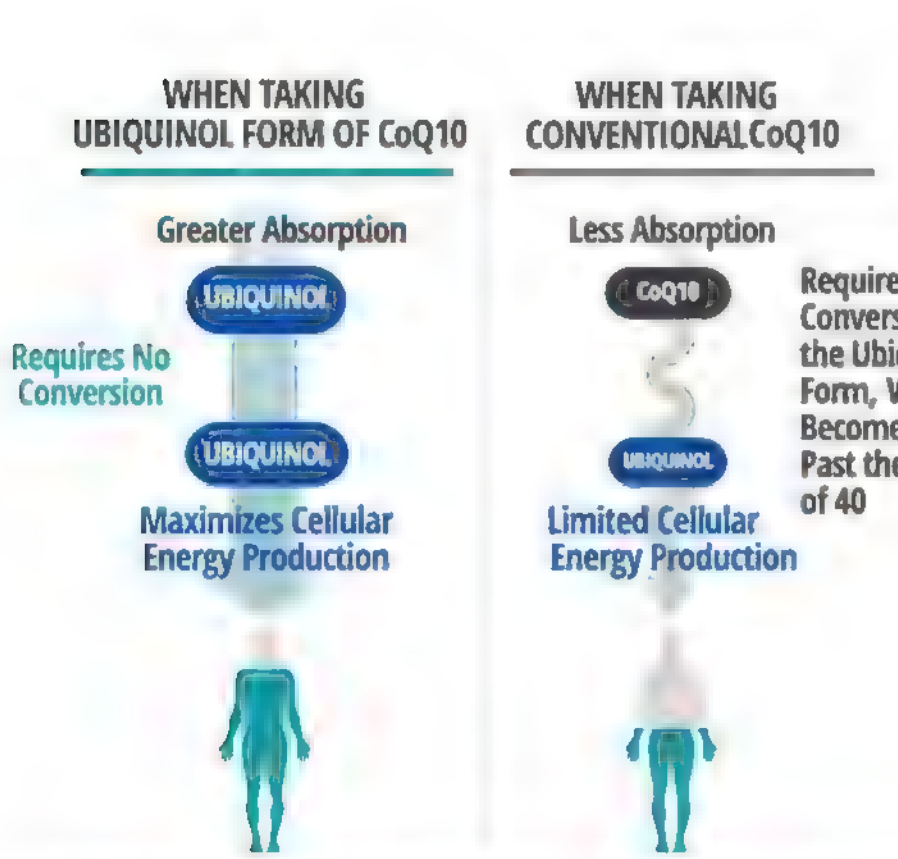

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Get in the Spirit!

Think beyond spiked eggnog this year and plan a special cocktail with craft distilled spirits for your holiday party. Small, upcoming distillers are all about exploring new flavor profiles, says Christopher Maloney *(left)*, bar manager at Hen of the Wood in Burlington, Vermont. He's a fan of Stonecutter Spirits. "They design the profile of the gin to work with the barrel-aging process. It's fun to tell that story when I serve a drink." For Sas Stewart *(right)*, co-founder of Stonecutter, location is key to flavor. Her Middlebury, Vermont, barrel room is about 10 miles from Lake Champlain, where the weather rolls off the Adirondacks, crosses the lake and then almost stalls as it bumps into the Green Mountains. "We get really big swings in temperature, humidity and barometric pressure, and it makes it one of the best places in the world to age spirits," Stewart says. "The barrels experience those weather shifts, the wood swelling and contracting, pulling the spirits in and out, giving them complexity and character." Maloney crafted the Abracadaver *(opposite)* to showcase Stonecutter's single-barrel gin made with cardamom, orange peel and coriander.

BY CAROLYN MALCOUN // PHOTO BY BRETT SIMISON

Abracadaver

ACTIVE: 5 min **TOTAL:** 5 min

Aiming to avoid the typical boozy holiday bombs, Maloney riffed on the classic Corpse Reviver No. 2 for this drink. (That's also the reason for the creepy name!) It's lower-alcohol, refreshing and light. Citrus, vanilla and spice are the main notes and the chocolate mist at the end (if you use it) lends a celebratory toasty nose.

Combine ¾ oz. each **Stonecutter Single Barrel Gin, Cocchi Americano, Tuaca** and **lemon juice** with ½ oz. **simple syrup** in a cocktail shaker. Add 6 **ice cubes.** Shake until cold. Strain into a coupe glass. Spritz the top with **Alice & the Magician Chocolate Birthday Cake Aromatic Mist** *(optional; aliceandthemagician.com).*

SERVES 1: about 5 oz.

Thanks *for* Giving

Portrait by Marc Olivier LeBlanc

WITH RECIPES BY

José Andrés

Susan Feniger

Barton Seaver

Theresa Farthing

ADAPTED BY THE EATINGWELL TEST KITCHEN

Over a lifetime, activist **Robert Egger** has perfected the art of using food to empower people and communities who need it most. To honor this season and ignite that giving spirit, Egger has curated this Thanksgiving menu from his circle of friends, supporters and colleagues who are just as devoted to his mission. Food editor **Jim Romanoff** spoke with Egger about what inspired his nonprofit, L.A. Kitchen, and what you can do to lend a helping hand in your own community.

How did you get involved with food and helping people?
In 1980, I was managing nightclubs in Washington, D.C., and like many people I was concerned with the growing homelessness crisis. During the holidays I volunteered to serve food to people living on the streets. It was an eye-opening experience because most charitable groups were buying food. I knew our industry threw away a ton of food. I thought, "What would happen if I brought all that wasted food to a central kitchen to make into meals for those in need?" And, "What if we also made it a cooking school to teach those same people an employable skill while we made the meals?" They could be part of the solution versus endless recipients of well-intended charity. That was the start of the journey—DC Central Kitchen and now L.A. Kitchen—that's been going for almost 30 years.

So how does L.A. Kitchen work?
We take the challenges of hunger, the food our society throws away and, more importantly, the people our society overlooks—and show that these problems can actually be part of the solution. We use food that would've been thrown away to fuel a 15-week culinary job-training program for people who might fall through the cracks, like young men and women aging out of foster care and older folks coming home from incarceration. They learn cooking skills that they in turn teach volunteers, and together on a daily basis we produce thousands of meals that are distributed by nonprofits all over Los Angeles.

You have this amazing network of chefs, some of whom you've gathered for this story, like José Andrés, Susan Feniger and Barton Seaver. What draws them to nonprofits like yours?
Even though these are accomplished chefs, I see them get the same amount of joy in making sure someone in a tough situation has a decent meal. They come into programs like the Kitchen and see this dynamic use of wasted food and say, "I can do that." And when they share professional skills they realize they can fight hunger in an even more profound way by helping that same person learn to support themselves.

What is it about food that makes it such a great medium for helping people?
Food is a universal language that most people relate to. Many faiths speak about the role of meals and community as part of our obligation to each other. But to me, food is also the ultimate organizing tool, whether it's socially, politically, economically. Think about Cesar Chavez fighting for migrant-worker rights with a table-grape boycott. Sadly, I think we often see food more as gas for the body now than as fuel for social change.

Why did you leave Washington to focus on L.A.?
Over the next 20 years, every community across America is going to be challenged with a rapidly growing senior population. When I decided to replicate the DC Kitchen model, one of the reasons I chose L.A. is that it has one of the largest concentrations of elders in America. And during the holiday

season many seniors can be hungry and isolated, so we focus on them a little more.

We've heard the stat that over 60 million Americans volunteer each year, and much of that is at the end of the year. What is it about this time of year?
You know every faith suggests that people show a sense of commitment to those in need on their holiest days. At the end of the year, with Hanukkah, Kwanzaa and Christmas, there is a natural kind of triumvirate of holidays. And of course they fall in winter and there's an emotional tug to help those that might be cold, wet or lonely.

What's an easy way anyone can help?
There used to be this great tradition of the covered dish. When someone experienced a birth or death, you took them something to eat and it said, in effect, "I care. I know you're here, I'm here for you." So if you've got an elder person in your neighborhood or someone else in need, cook a meal for them. And maybe don't just drop it off, but invite that person over for a meal in your home. Everyone benefits from the connection.

What's next? What's your vision for how this grows?
Virtually every kid has to complete community service hours for school. At the same time, every day in America 10,000 people turn 65 who we want to keep productive and living independently. Well, you know, there are 60,000 school cafeterias in America that are only used during the school day. I can imagine an intergenerational after-school cooking program like L.A. Kitchen where older people mentor younger ones and they make food for whoever is in need. Or they make meals-to-go for working moms when they come to pick up the kids. What I'm saying is that everything we need is already here—food, people, facilities. Let's just have the daring and the innovation to try and use it a little bit differently.

Food Fixes

If you want to donate your time or money this holiday season (and throughout the year), these two organizations are great resources for finding out where to direct your efforts:

- A search of the **Catalyst Kitchens** *(catalystkitchens.org)* member map will identify food-based social enterprises and training programs, like L.A. Kitchen, in your part of the U.S.

- **World Central Kitchen** *(worldcentralkitchen.org)*, founded by José Andrés, provides disaster relief and promotes health, education and job creation all over the world.

José Andrés
Chef & Owner
ThinkFoodGroup and minibar by José Andrés; Founder, World Central Kitchen; Chair Emeritus, L.A. Kitchen

"I met Robert 25 years ago, and much of what I do and who I am is based on him. He's a man who sees how problems can become opportunities. Many people talk about wasted food, but it seems like nobody is talking about wasted men and women—Robert is all about making sure we are not wasting anyone's life... and that tells you everything."

Green Beans with Creamy Mushroom Sauce *p.78*

Susan Feniger
Chef & Owner
Border Grill Restaurants, CA

"A big challenge in the restaurant business is finding people who want to work hard and will stay committed. L.A. Kitchen teaches at-risk individuals to find their way, find a passion for food and cooking, but more importantly how to work as a team, to get to work every day on time, accomplish something big each day. To be able to teach a skill to someone and empower them to be independent, and productive members of society, feeling good about who they are—this is a huge reward we get for supporting L.A. Kitchen."

José Andrés' Brined Roast Turkey & Gravy *p.78*

Food Photography by Blaine Moats

Spiced Orange-Cranberry Sauce *p.78*

Roasted Cauliflower with Mojo Sauce

ACTIVE: 30 min **TOTAL:** 50 min
TO MAKE AHEAD: Refrigerate sauce (Step 2) for up to 1 day.

Since her Too Hot Tamales *days on television, Susan Feniger has created Mexican-tinged fusion dishes that reflect the diversity of the Los Angeles food scene. For this Thanksgiving side, Feniger tosses cauliflower florets in a Latin sauce that's gently spicy in a way that will complement other dishes in your meal.* (Photo: page 70.)

- **½ cup garlic cloves**
- **6 tablespoons extra-virgin olive oil, divided**
- **1 tablespoon butter**
- **3 tablespoons chopped tomato**
- **2 tablespoons orange juice**
- **2 teaspoons minced chipotle in adobo**
- **¾ teaspoon kosher salt, divided**
- **10 cups cauliflower florets (from 2 large heads)**
- **¼ cup crumbled Cotija cheese**
- **1 tablespoon chopped fresh cilantro**

1. Preheat oven to 450°F.
2. Place garlic, 4½ tablespoons oil and butter in a small saucepan. Bring to a simmer over medium heat. Reduce heat to maintain a simmer, cover and cook until the garlic is very soft, about 20 minutes. Remove from heat and let cool for 10 minutes. Transfer to a blender. Add tomato, orange juice, chipotle and ½ teaspoon salt. Puree until smooth.
3. Meanwhile, toss cauliflower in a large bowl with the remaining 1½ tablespoons oil and ¼ teaspoon salt. Spread in a single layer on a baking sheet. Roast, stirring once, until browned on the bottom, about 20 minutes.
4. Toss the cauliflower with the sauce and top with cheese and cilantro.

SERVES 8: 1 cup each

CAL 168 / **FAT** 13G (SAT 3G) / **CHOL** 7MG / **CARBS** 10G / **TOTAL SUGARS** 3G (ADDED 0G) / **PROTEIN** 4G / **FIBER** 3G / **SODIUM** 285MG / **POTASSIUM** 453MG

Apple & Ham Stuffing

ACTIVE: 45 min **TOTAL:** 1½ hrs
TO MAKE AHEAD: Prepare stuffing (Steps 1-4) and refrigerate for up to 1 day; let stand at room temperature for 20 minutes before baking.

José Andrés puts smoky Black Forest ham in this stuffing, which brings out the roasty flavors of the turkey and gravy. The real surprise, however, is the addition of applesauce, which keeps the stuffing moist while boosting the flavor of the diced Granny Smiths. (Photo: page 73)

- **5 cups cubed rustic whole-wheat bread (about ½-inch cubes; about 10 ounces)**
- **5 tablespoons unsalted butter, divided**
- **4 cups peeled and diced Granny Smith apples (about 2 large)**
- **4 cups chopped onions**
- **2 cups chopped celery**
- **1½ cups diced Black Forest ham (about 8 ounces)**
- **1 tablespoon dried oregano**
- **1 teaspoon ground cinnamon**
- **¼ teaspoon ground nutmeg**
- **1¼ cups unsweetened applesauce**

Garlic & Chive Mashed Potatoes *p.76*

Theresa Farthing
aka "Chef T"
Community Outreach Specialist at L.A. Kitchen

"I used to live at the downtown women's center, where I saw a flier about L.A. Kitchen's culinary program Empower; I applied and got in. Once I realized that what we were cooking was actually servicing organizations that feed people like seniors and the homeless and schools, I was just on board with that. After I graduated in 2014, L.A. Kitchen offered me the job."

Barton Seaver
Chef & Author
Of 7 books, most recently *American Seafood: Heritage, Culture & Cookery from Sea to Shining Sea*

"One of the greatest things Robert taught me is that chefs are more than the sum of ingredients we put on a plate. When we feed people, it's the dignity we treat them with that is the most important part of the meal. I would suggest that anyone looking to share their spirit during the holidays, or any time, sit down to share a meal with someone. Shake their hand. Hear their story. Hug them and let them know they are loved."

Apple & Ham Stuffing
p.72

- **2 tablespoons chopped flat-leaf parsley**
- **½ teaspoon ground pepper**
- **⅛ teaspoon salt**
- **1 cup low-sodium chicken broth**

1. Preheat oven to 350°F. Coat a 9-by-13-inch baking dish with cooking spray.
2. Spread bread on a rimmed baking sheet and toast, stirring occasionally, until dry and lightly browned, 18 to 22 minutes. Transfer to a large bowl.
3. Meanwhile, heat 1 tablespoon butter in a large skillet over medium heat. Add apples and cook, stirring occasionally, until softened, about 10 minutes. Transfer to the bowl with the bread. Add 2 tablespoons butter, onions, celery and ham to the pan; increase heat to medium-high and cook, stirring occasionally, until just starting to brown, about 5 minutes. Reduce heat to medium-low and cook, stirring occasionally, until very soft, 10 to 15 minutes more.
4. Add oregano, cinnamon and nutmeg; cook, stirring occasionally, until fragrant, about 1 minute. Transfer to the bowl with the bread. Add applesauce, parsley, pepper and salt and mix well. Add broth and gently stir until well combined. Transfer to the prepared baking dish. Cube the remaining 2 tablespoons butter and dot the top of the stuffing with it.
5. Bake until browned, 40 to 45 minutes.

SERVES 12: ⅔ cup each

CAL 197 / **FAT** 8G (SAT 4G) / **CHOL** 24MG / **CARBS** 25G / **TOTAL SUGARS** 9G (ADDED 0G) / **PROTEIN** 6G / **FIBER** 3G / **SODIUM** 321MG / **POTASSIUM** 209MG.

L.A. Kitchen's Seasonal Fruit Crisp

ACTIVE: 15 min **TOTAL:** 1 hr 5 min

Sticking to its food-waste mission, L.A. Kitchen created this dessert to work with almost any fruit you have on hand. We've done it here with pears and apples, but you can use berries or even tropical fruits instead. The addition of dried fruit adds a concentrated hit of flavor you won't get from fresh alone

- **8 cups diced *and/or* sliced apples & pears**
- **1 cup dried cranberries**
- **2 tablespoons cornstarch**
- **2 tablespoons lemon juice**
- **1 cup rolled oats**
- **1 cup chopped nuts, such as walnuts**
- **½ cup whole-wheat flour**
- **½ cup maple sugar, vanilla sugar *or* light brown sugar**
- **½ cup canola oil**
- **¾ teaspoon ground cinnamon**
- **½ teaspoon salt**

1. Preheat oven to 350°F.
2. Combine fresh and dried fruit with cornstarch and lemon juice in a large bowl. Spread in a 9-by-13-inch baking dish. Combine oats, nuts, flour, sugar, oil, cinnamon and salt in a medium bowl. Sprinkle over the fruit.
3. Bake until the fruit is tender and the topping is browned, 30 to 40 minutes. Let cool for 20 minutes before serving.

SERVES 12: about ⅔ cup each

CAL 302 / **FAT** 17G (SAT 1G) / **CHOL** 0MG / **CARBS** 40G / **TOTAL SUGARS** 24G (ADDED 13G) / **PROTEIN** 3G / **FIBER** 5G / **SODIUM** 100MG / **POTASSIUM** 206MG.

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Broiled Oysters with Anchovy-Almond Butter

Broiled Oysters with Anchovy-Almond Butter

ACTIVE: 45 min **TOTAL:** 45 min

Topped with a buttered-up blend of toasted almonds, savory anchovy and fresh herbs, these broiled oysters from Barton Seaver are rich and intense. Serve them as a first course with a dry amontillado sherry and crusty bread

- **24 large oysters, scrubbed**
- **4 tablespoons unsalted butter, softened**
- **¼ cup skinless almonds, finely chopped**
- **3 anchovy fillets, minced**
- **1 tablespoon mayonnaise**
- **1 tablespoon chopped flat-leaf parsley**
- **1 teaspoon grated orange zest**
- **Pinch of cayenne pepper**

1. Position rack in top third of oven; preheat broiler to high. Line a baking sheet with rock salt or balls of foil to cradle the oysters.
2. Shuck oysters *(see page 124)*, gently cutting the adductor muscle where the oyster is attached to the shell; discard the top shells. Strain the oyster liquor through a fine-mesh sieve into a bowl and reserve. Arrange the shucked oysters in their bottom shells on the prepared pan.
3. Combine butter, almonds, anchovies, mayonnaise, parsley, orange zest and cayenne in a medium bowl. Add 1½ tablespoons of the reserved oyster liquor (discard the remaining liquor). Whisk until thoroughly combined. Top each oyster with 1 teaspoon of the seasoned butter.
4. Broil the oysters until the butter is bubbling and the edges of the oysters have curled in their shells, 3 to 5 minutes. Serve immediately.

SERVES 8: 3 oysters each

CAL 102 / **FAT** 10G (SAT 4G) / **CHOL** 25MG / **CARBS** 2G / **TOTAL SUGARS** 0G (ADDED 0G) / **PROTEIN** 2G / **FIBER** 0G / **SODIUM** 32MG / **POTASSIUM** 72MG

Garlic & Chive Mashed Potatoes

ACTIVE: 20 min **TOTAL:** 40 min

At L.A. Kitchen they might use any variety of potato that they're saving from the compost bin, but here we recommend russets because they cook up super-fluffy (Photo: page 72.)

- **3 pounds russet potatoes, peeled and cut into 2-inch pieces**
- **2 cloves garlic, peeled**
- **1⅓ cups reduced-fat milk**
- **3 tablespoons unsalted butter, diced**
- **½ cup sour cream**
- **2 tablespoons thinly sliced fresh chives**
- **1 teaspoon salt**
- **¾ teaspoon ground pepper**

1. Place potatoes and garlic in a large saucepan and cover with water by 1 inch. Cover and bring to a boil over high heat. Reduce heat to a simmer, and cook, covered, until the potatoes are very tender, 13 to 15 minutes.
2. Meanwhile, combine milk and butter in a small saucepan. Bring to a simmer over medium heat then immediately remove from heat.
3. Drain the potatoes and return to the pan. Mash with a potato masher or rice in a potato

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ricer. Add the warmed milk, sour cream, chives, salt and pepper. Stir until smooth.

SERVES 8: about 1 cup each

CAL 222 / **FAT** 8G (SAT 4G) / **CHOL** 22MG / **CARBS** 35G / **TOTAL SUGARS** 4G (ADDED 0G) / **PROTEIN** 5G / **FIBER** 3G / **SODIUM** 322MG / **POTASSIUM** 603MG

José Andrés' Brined Roast Turkey & Gravy

ACTIVE: 1 hr **TOTAL:** 12½ hrs (including 8 hrs brining time)

TO MAKE AHEAD: Brine turkey (Steps 1-3) up to 2 days ahead. **EQUIPMENT:** 16-qt. or larger stockpot or canning pot

When José Andrés commandeered an army of chefs and other kitchen pros to make Thanksgiving dinner for 40,000 in Puerto Rico after Hurricane Maria, they served roasted brined turkey breasts. We've adapted the recipe used in Puerto Rico for this roast turkey (Photo: page 71.)

- **10 whole allspice berries**
- **10 whole juniper berries**
- **2 tablespoons coriander seeds**
- **5 whole cloves**
- **2 whole star anise**
- **20 cups water plus 3 tablespoons, divided**
- **1 cup sugar**
- **¾ cup kosher salt**
- **3 whole heads garlic, halved, plus 4 cloves smashed, divided**
- **7 bay leaves**
- **1 bunch fresh thyme plus 1 teaspoon chopped, divided**
- **1 4-inch piece fresh ginger, coarsely chopped**
- **3 oranges**
- **4 lemons**
- **1 bunch scallions, coarsely chopped**
- **32 cups ice (15-20 pounds)**
- **1 12- to 14-pound turkey, preferably heritage breed *and/or* organic**
- **4 tablespoons unsalted butter, softened**
- **1 tablespoon chopped fresh rosemary**
- **2 tablespoons extra-virgin olive oil**
- **1 large onion, chopped**
- **2 large carrots, chopped**
- **6 stalks celery, chopped**
- **½ cup orange juice**
- **2 cups turkey stock *or* low-sodium chicken broth**
- **3 tablespoons cornstarch**

1. Combine allspice, juniper, coriander, cloves and star anise in a large stockpot or canning pot. Cook over medium heat, stirring constantly, until fragrant, about 1 minute. Add 20 cups water, sugar, salt, garlic heads, bay leaves, 1 bunch thyme and ginger. Cover and bring to a boil over high heat. Reduce heat to maintain a simmer and cook for 20 minutes.

2. Meanwhile, peel and juice oranges and lemons. Take the brine off the heat and add the citrus juices and peels and scallions; stir to combine. Add ice and stir until melted.

3. Remove giblets from turkey (reserve for stock, if desired). Place the turkey in a container large enough to hold it and the brine, such as a clean 5-gallon bucket, similar-size clean cooler or brining bag. Add the brine. Place a plate on top of the turkey, if necessary, to make sure the turkey is submerged. Cover and refrigerate for at least 8 hours and up to 2 days. (If it's cold enough—below 40°F—you can leave it outdoors.)

4. To roast turkey: Position rack in bottom third of oven; preheat to 425°F. Place a roasting rack in a roasting pan and coat with cooking spray.

5. Combine butter, rosemary and the remaining 1 teaspoon thyme in a small bowl. Thoroughly pat the turkey dry inside and out with paper towels. Place on the prepared rack and loosen the skin over the breast and legs. Spread the herb butter under the skin and rub the outside of the turkey with oil.

6. Roast the turkey until the skin starts to brown in spots, about 30 minutes. Reduce oven temperature to 350°F. Roast for 30 minutes more. Carefully place onion, carrots, celery and the remaining 4 cloves garlic in the bottom of the pan. Tent the breast with foil. Continue roasting until an instant-read thermometer inserted in the thickest part of a thigh without touching bone registers 160°F, 30 minutes to 1 hour more.

7. Carefully tilt the turkey so the juices from the cavity flow into the pan. Transfer the turkey to a clean cutting board and tent with foil. Let rest for 20 minutes before carving.

8. To prepare gravy: Place the roasting pan over two burners on high heat. Add orange juice and cook, scraping up any browned bits, until reduced by half, about 5 minutes. Add stock (or broth) and bring to a boil. Whisk cornstarch and the remaining 3 tablespoons water in a small bowl. Add to the pan, whisking constantly; cook, whisking, for 1 minute. Remove from heat. Strain the gravy through a fine-mesh sieve and serve with the turkey.

SERVES 12 (plus leftovers): 3 oz. turkey & 2 Tbsp. gravy each

CAL 264 / **FAT** 12G (SAT 4G) / **CHOL** 127MG / **CARBS** 4G / **TOTAL SUGARS** 2G (ADDED 1G) / **PROTEIN** 32G / **FIBER** 0G / **SODIUM** 486MG / **POTASSIUM** 313MG

Spiced Orange-Cranberry Sauce

ACTIVE: 20 min **TOTAL:** 20 min

TO MAKE AHEAD: Refrigerate for up to 3 days. **EQUIPMENT:** Tea ball or cheesecloth, kitchen string

The luxurious, licorice-like aroma of star anise gives this sauce from José Andrés its special-occasion feel. Don't think of it as just a companion for turkey—it'll dress up a humble sandwich and makes an outstanding topping for a wheel of Brie. (Photo: page 71.)

- **3 whole cloves**
- **3 white peppercorns**
- **1 whole allspice berry**
- **1 star anise**
- **12 ounces cranberries, fresh *or* frozen**
- **¼ cup dry white wine**
- **¾ cup sugar**
- **1 teaspoon grated orange zest**

1. Place cloves, peppercorns, allspice and star anise in a tea ball or tie into a bundle in a piece of cheesecloth with kitchen string.

2. Combine cranberries and wine in a medium saucepan. Cook over medium heat until the cranberries are soft, 6 to 8 minutes. Add the spice bundle, sugar and orange zest. Cook, stirring occasionally, the sauce starts to thicken, 5 to 7 minutes. Remove the spice bundle. Serve the sauce warm or chilled.

SERVES 12: 2 Tbsp. each

CAL 66 / **FAT** 0G (SAT 0G) / **CHOL** 0MG / **CARBS** 16G / **TOTAL SUGARS** 14G (ADDED 13G) / **PROTEIN** 0G / **FIBER** 1G / **SODIUM** 1MG / **POTASSIUM** 27MG

Green Beans with Creamy Mushroom Sauce

ACTIVE: 1 hr **TOTAL:** 1 hr 35 min

This deconstructed take on the popular casserole is served at José Andrés' America Eats Tavern in Washington, D.C. One taste and you'll see that he improves on the original (no offense, Mom). This version features perfectly cooked green beans in a sauce made with real cream. Andrés even gives the traditional canned french-fried onions a run for their money with some freshly frizzled shallot rings. (Photo: page 71.)

- **2 cups sliced shallots, divided**
- **6 tablespoons extra-virgin olive oil**
- **1 cup sliced cremini mushrooms**
- **4 cloves garlic, sliced**
- **1 cup heavy cream**
- **4 cups mushroom broth**
- **2 pounds green beans, trimmed and cut into 1-inch pieces**
- **½ teaspoon salt**
- **2 tablespoons minced fresh chives**

1. Separate shallot slices into rings. Heat oil in a large skillet over medium-high heat until shimmering. (To test if your oil is hot enough, add a shallot ring: if it starts sizzling on contact, the oil is ready.) Add 1½ cups shallots and cook, stirring frequently, until browned, 4 to 8 minutes. Using a slotted spoon, transfer the shallots to a paper-towel-lined plate and set aside.

2. Add mushrooms to the pan (careful, they might spatter) and cook, stirring, until golden brown, about 2 minutes. Add garlic and the remaining ½ cup shallots. Cook, stirring, until the shallots are softened and fragrant but not brown, about 1 minute. Add cream and cook, stirring, until reduced by half, about 2 minutes. Add broth and cook, stirring occasionally, until thickened and reduced to about 2 cups, 25 to 30 minutes.

3. Meanwhile, put a large pot of water on to boil. Set a large bowl of ice water by the stove. Cook green beans in the boiling water until tender-crisp, 2 to 3 minutes . Using a slotted spoon, transfer the beans to the ice bath to cool. Drain well and pat dry with a clean kitchen towel. Drain the cooking water and return the beans to the pot.

4. Transfer the mushroom mixture to a blender. Add salt and puree until smooth. (Use caution when pureeing hot liquids.) Pour the mixture over the beans and stir to coat. Cook over medium heat until heated through, 1 to 3 minutes. Transfer to a serving dish and serve topped with the fried shallots and chives.

SERVES 10: ¾ cup each

CAL 214 / **FAT** 17G (SAT 7G) / **CHOL** 27MG / **CARBS** 13G / **TOTAL SUGARS** 6G (ADDED 0G) / **PROTEIN** 3G / **FIBER** 4G / **SODIUM** 317MG / **POTASSIUM** 360MG.

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STANLEY AND THE SWEET POTATO

Stanley Hughes first tended sweet potatoes in his family's vegetable garden as a young boy. Today he grows over 80,000 pounds of them a year at Pine Knot Farms, a 125-acre tract that his grandfather purchased in 1912. Hughes's reputation for growing sweet potatoes is something of a local legend. During the 14 years that he and his wife, Linda Leach-Hughes, sold at the Durham Farmers' Market, customers crowded around and clamored for their organic sweet potatoes: Beauregards and Covingtons, valued for their moist flesh and sweet flavor that deepens with baking; what he and Linda call "Purple-Purple" sweet potatoes for their vibrant color; and white-fleshed O'Henrys and Bonitas.

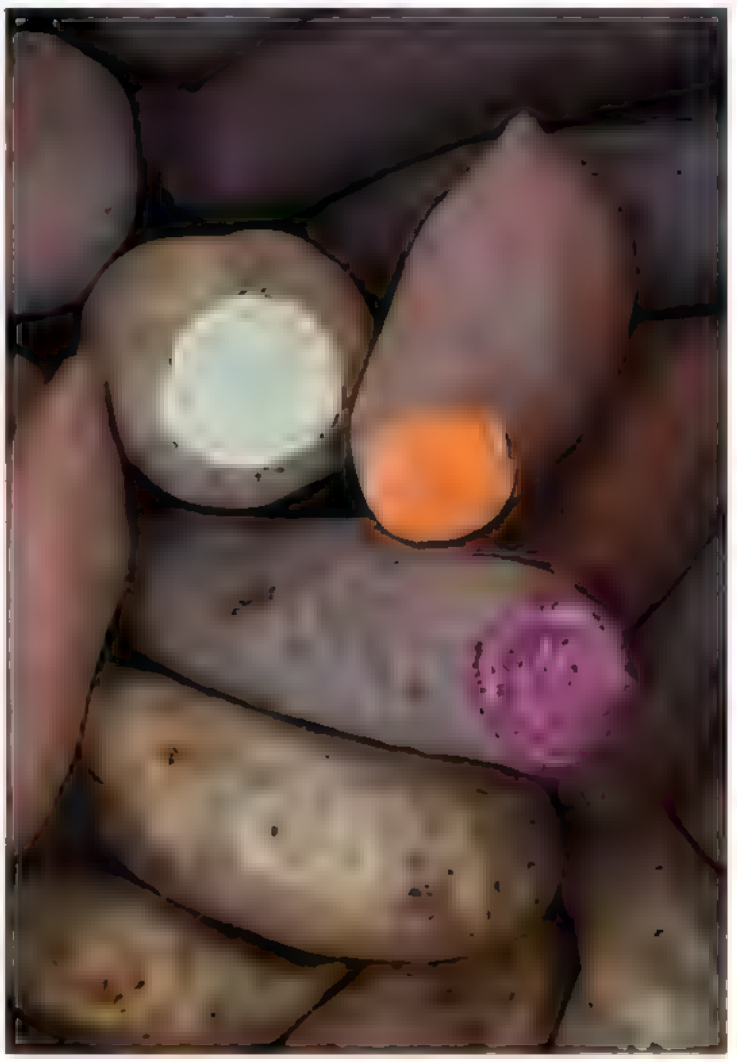
When Hughes took over Pine Knot from his father, he held down other jobs off the farm. But in 1996 he committed to full-time farming. Back then, the farm's main crop was tobacco, but with the industry in decline, Hughes saw an opportunity to switch over to organic agriculture and focus on sweet potatoes. "For a small farmer, I think doing organic has allowed me to stay on the farm," Hughes says. "You're limited on your production, but you can get more dollar value for what you grow."

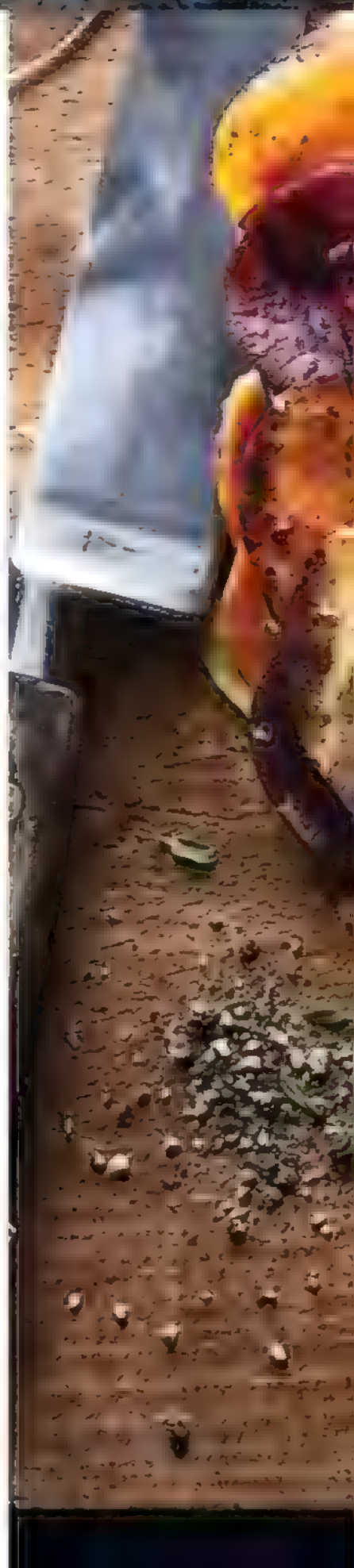
Hughes appreciates that after harvesting tobacco, the sweet potatoes he rotates in replenish the soil with nutrients the tobacco sucks up. What's more, the vitamin-rich superfood has

BY CHERYL SLOCUM

LOCATION PHOTOGRAPHY BY JIMMY WILLIAMS

FOOD PHOTOGRAPHY BY JOHNNY AUTRY





Each fall, Stanley Hughes *(above left)* hires seasonal workers to assist with the sweet potato harvest. Hughes insists they wear gloves not only to protect their hands, but also to prevent dents or scars on the fragile crop.

gained a stronghold in the diets of American consumers: consumption of sweet potatoes has almost doubled over the last two decades, so demand for Hughes's crop has been high.

As unassuming as they may look, the sweet potato is a high-maintenance crop. In early spring, Hughes propagates slips (sprouts that grow from potatoes), later transplanting them by hand into the fields. To control weeds and grasses that invite predatory insects, the fields are hoed by hand. Harvest begins about 90 to 120 days after transplanting—a manual process, since sweet potatoes have delicate skins that scar easily. "It's like handling a baby," says Hughes. One of the farm's former tobacco barns serves as the warm environment where the potatoes cure for seven to 12 days causing the starches to turn to sugars. On top of all this, complying with organic standards requires meticulous, daily record-keeping—a job Leach-Hughes has mastered—to verify that the right materials, seeds, plants and methods are used.

Retired from the Durham Market this year, Hughes is now putting his sweet potatoes into the hands of customers all along the Eastern Seaboard through Eastern Carolina Organics (ECO) a farmers' cooperative where he is a founding owner. Sandi Kronick, the CEO, considers Hughes an invaluable resource for up-and-coming organic farmers. "Stanley is unique," says Kronick for "his background navigating challenges as a black farmer, his engagement in the organic community, and his ability to straddle both the tobacco and farmers' vegetable markets."

THE HARVEST IS A MANUAL PROCESS SINCE SWEET POTATOES HAVE DELICATE SKINS. "IT'S LIKE HANDLING A BABY," SAYS HUGHES.

Hughes has been lauded for his sustainable farming practices. In 2004, he was named Small Farmer of the Year by the North Carolina A&T State University and both he and Leach-Hughes were similarly honored in 2013 by the Carolina Farm Stewardship Association. To Hughes, though, sustainable farming seems familiar and rooted in tried and true techniques he learned long ago. "It means doing more things by hand," he says. "Doing it back the way it was."

CHERYL SLOCUM *is a James Beard Award-winning writer and recipe developer based in Birmingham, Alabama.*

SWEET POTATO
POMMES ANNA
(PAGE 90)

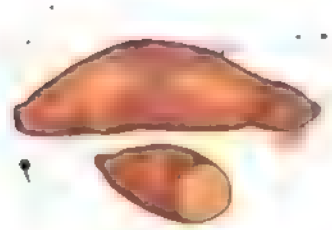
CARAWAY-SWEET POTATO ROLLS (PAGE 92)

SWEET & SPICY STEAM-FRIED COLLARD GREENS (PAGE 90)

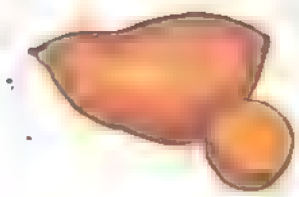
SMOKED SWEET POTATO & ESCAROLE SALAD (PAGE 92)

TRY THESE SWEET POTATOES

You'll find the widest variety of sweet potatoes from early fall through winter. What you're unlikely to find is a true yam—an unrelated root that's rarely sold in the U.S. Mislabeling is epically pervasive, so rest assured, even if it's called a yam, it's a sweet potato. Here are some favorites:

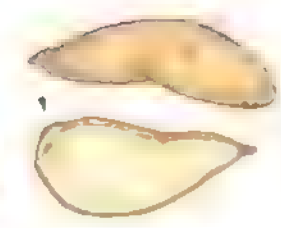


BEAUREGARD
These widely popular plump, red-skinned sweet potatoes have an almost-fluorescent orange flesh that's subtly earthy and mildly sweet.



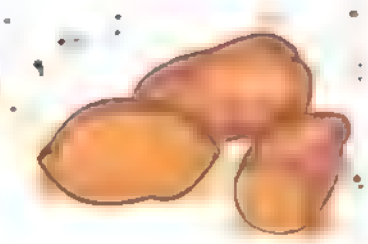
COVINGTON
This orange variety is intensely sweet with vanilla undertones. Their perfuminess is perfect for enhancing desserts.

STOKES PURPLE
Developed in Stokes County, North Carolina, this potato rocks a lightly sweet, purple flesh. It's also dry and dense, so don't be surprised if this typically large variety takes a little longer to cook.



O'HENRY
The ivory-toned flesh of this tuber is smooth and dense with a nuanced honey-nut flavor. It comes out super-fluffy no matter how you cook it.

JAPANESE
The white flesh of these red-skinned sweet potatoes turns golden when cooked, tastes super-sweet and stays quite firm.



JEWEL
For some reason, these are called yams more often than others. This variety is a rich orange color on the inside with a light copper-hued skin. The flesh is moist and soft when cooked.

Sweet Potato & Sausage Strata

ACTIVE: 45 min **TOTAL:** 3 hrs

TO MAKE AHEAD: Prepare through Step 6 and refrigerate for up 1 day. Let stand at room temperature while oven preheats before baking (Steps 7-8).

A strata, especially this one that can be prepared the day before, is a brilliant idea for feeding a house full of holiday guests. Hot Italian sausage balances the sweetness of the potatoes and gives this breakfast casserole a kick.

- **4 cups diced sweet potato (1-inch cubes)**
- **4 tablespoons water, divided**
- **1 tablespoon extra-virgin olive oil**
- **8 ounces hot Italian sausage, casing removed**
- **1 large onion, chopped**
- **1 medium red bell pepper, diced**
- **3 cloves garlic, finely chopped**
- **1 teaspoon fennel seeds, crushed**
- **4 cups packed chopped kale**
- **1 teaspoon kosher salt**
- **6 cups cubed hearty whole-wheat bread (about 8 ounces; 1-inch cubes)**
- **10 large eggs**
- **3½ cups reduced-fat milk**
- **¾ cup shredded Cheddar cheese**

1. Coat a 9-by-13-inch baking dish with cooking spray.

2. Combine sweet potatoes and 2 tablespoons water in a medium microwave-safe bowl. Cover and microwave on High until just tender, 3 to 5 minutes. Drain any remaining water.

3. Heat oil in a large skillet over medium heat. Add sausage and cook, stirring occasionally and crumbling with a wooden spoon, until cooked through, about 5 minutes. Using a slotted spoon, transfer the sausage to a plate.

4. Add onion to the pan and cook, stirring occasionally, until soft and starting to brown, 5 to 8 minutes. Add bell pepper and cook, stirring occasionally, until soft, 2 to 4 minutes. Add garlic and fennel seeds and cook, stirring, for 1 minute. Add kale and the remaining 2 tablespoons water; cook until wilted, about 1 minute. Stir in the sweet potato, the sausage and salt. Remove from heat.

5. Spread half the sweet potato mixture in the prepared baking dish. Top with 3 cups bread. Repeat with the remaining sweet potato mixture and bread.

6. Lightly whisk eggs in a large bowl. Add milk and gently whisk to mix. Pour the egg mixture evenly over the casserole and press the bread down into the custard with the back of a spoon. Coat a piece of foil with cooking spray and cover the strata. Refrigerate for at least 1 hour or up to 1 day.

7. Preheat oven to 350°F.

8. Bake the strata, covered, for 30 minutes. Uncover and sprinkle with cheese. Bake, uncovered, until the custard is set and the cheese is melted, 30 to 40 minutes more. Let stand for 15 minutes before serving.

SERVES 12: 1 cup each

CAL 262 / **FAT** 12G (SAT 5G) / **CHOL** 173MG / **CARBS** 24G / **TOTAL SUGARS** 7G (ADDED 0G) / **PROTEIN** 14G / **FIBER** 2G / **SODIUM** 486MG / **POTASSIUM** 412MG.

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Sweet Potato Spice Cake with Orange-Cinnamon Cream Cheese Frosting

ACTIVE: 30 min **TOTAL:** 2 hrs
TO MAKE AHEAD: Refrigerate for up to 2 days.
EQUIPMENT: Two 8-inch round cake pans, parchment paper

Like Linda Leach-Hughes, we grated sweet potato into a spiced batter to make a dessert that's reminiscent of carrot cake.

CAKE

- **2 cups whole-wheat pastry flour**
- **1 tablespoon grated orange zest**
- **1½ teaspoons baking powder**
- **1 teaspoon ground cardamom**
- **½ teaspoon ground cinnamon**
- **½ teaspoon ground ginger**
- **½ teaspoon baking soda**
- **½ teaspoon salt**
- **3 large eggs**
- **1 cup light brown sugar**
- **½ cup buttermilk**
- **⅓ cup canola oil**
- **1 teaspoon vanilla**
- **2 cups grated sweet potato (about 1 medium)**

FROSTING

- **1 8-ounce package reduced-fat cream cheese, softened**
- **⅔ cup confectioners' sugar**
- **3 tablespoons whole-milk vanilla Greek yogurt**
- **1 teaspoon grated orange zest**
- **1 tablespoon chopped toasted pecans**
- **⅛ teaspoon ground cinnamon**

1. To prepare cake: Preheat oven to 350°F. Coat two 8-inch round pans with cooking spray; line the bottoms with parchment paper.

2. Combine flour, 1 tablespoon orange zest, baking powder, cardamom, ½ teaspoon cinnamon, ginger, baking soda and salt in a medium bowl. Beat eggs, brown sugar, buttermilk, oil and vanilla in a large mixing bowl with an electric mixer on low speed until well combined, about 1 minute. Add sweet potato and the flour mixture; beat for 1 minute more. Divide the batter between the prepared pans.

3. Bake the cake until a toothpick inserted in the center comes out clean, 25 to 30 minutes. Let cool in the pan on a wire rack for 15 minutes. Turn out onto the rack and let cool completely, about 45 minutes.

4. To prepare frosting & assemble cake: Combine cream cheese, confectioners' sugar, yogurt and orange zest in a medium mixing bowl and beat until smooth.

5. Place one cake layer on a serving platter and spread with ½ cup frosting. Top with the remaining cake layer and spread the remaining frosting on top. Sprinkle with pecans and cinnamon.

SERVES 12: 1 slice each

CAL 319 / **FAT** 13G (SAT 4G) / **CHOL** 62MG / **CARBS** 45G / **TOTAL SUGARS** 27G (ADDED 24G) / **PROTEIN** 7G / **FIBER** 4G / **SODIUM** 327MG / **POTASSIUM** 228MG

Purple Sweet Potato Pie

ACTIVE: 30 min **TOTAL:** 2½ hrs
TO MAKE AHEAD: Freeze crust (Step 1) for up to 3 months. Loosely cover pie and refrigerate for up to 1 day.
EQUIPMENT: 9-inch deep-dish pie pan

Linda Leach-Hughes makes a purple version of classic sweet potato pie for her Thanksgiving table. We've put our own spin on her pie with a shot of brandy, which adds another layer of seasonal flavor

CRUST

- **¾ cup whole-wheat pastry flour**
- **½ cup all-purpose flour**
- **½ teaspoon salt**
- **8 tablespoons cold unsalted butter, cut into ½-inch cubes**
- **3-4 tablespoons ice water**

FILLING

- **1¼ pounds purple sweet potatoes, scrubbed**
- **1 12-ounce can low-fat evaporated milk**
- **⅔ cup light brown sugar**
- **3 large eggs**
- **3 tablespoons melted butter, cooled**
- **2 tablespoons brandy**
- **1 teaspoon vanilla extract**
- **½ teaspoon ground nutmeg**
- **¼ teaspoon ground allspice**
- **½ teaspoon salt**

1. To prepare crust: Mix pastry flour, all-purpose flour and ½ teaspoon salt in a large bowl or pulse in a food processor. Cut in cold butter using a pastry blender or two knives or by pulsing in the food processor until the butter forms pebble-size pieces. Add water, 1 tablespoon at a time, until the dough is evenly moist (but not wet) and is just starting to clump together, being careful not to overmix. Pat the dough into a 5-inch disk. Wrap in plastic and

Cheers TO Chocolate

HOT COCOA CHEESECAKE MINIS

Prep Time: 20 min. | **Total Time:** 3 hours 53 min. (incl. refrigerating) | **Makes:** 12 servings

WHAT YOU NEED

10 OREO Cookies, finely crushed
1 Tbsp. butter, melted
2 pkg. (8 oz. each) PHILADELPHIA Cream Cheese, softened
1/2 cup plus 1 tsp. sugar, divided
1/4 cup plus 1/2 tsp. unsweetened cocoa powder, divided
2 eggs
2 oz. BAKER'S Semi-Sweet Chocolate
3/4 cup whipping cream
1/2 cup JET-PUFFED Miniature Marshmallows

MAKE IT

HEAT oven to 325°F.
COMBINE cookie crumbs and butter; press onto bottoms of 12 paper-lined muffin cups. Bake 8 min.
BEAT cream cheese, 1/2 cup sugar and 1/4 cup cocoa powder in medium bowl with mixer until blended. Add eggs, 1 at a time, mixing on low speed after each just until blended. Spoon over crusts.
BAKE 22 to 25 min. or until centers are almost set. Cool completely. Refrigerate 2 hours.
MEANWHILE, cover baking sheet with parchment. Melt semi-sweet chocolate as directed on package; spoon into resealable plastic bag. Cut small piece off one bottom corner of bag; use to squeeze chocolate into 12 shapes on prepared baking sheet to resemble cup handles as shown in photo. Freeze until ready to use.
REMOVE liners from cheesecakes. Beat cream and remaining sugar in separate medium bowl with mixer on high speed until soft peaks form; spoon onto cheesecakes. Sprinkle with remaining cocoa powder; top with marshmallows. Gently press chocolate handle into side of each cheesecake.

Special Extra:
For the adults at your party, blend 1/4 cup BAILEYS Original Irish Cream Liqueur into the cream cheese mixture before adding the eggs if desired.

Please use alcohol responsibly.

THE HOLIDAYS ARE Made WITH

PHILADELPHIA original

refrigerate for at least 1 hour and up to 1 day.
2. To prepare filling & assemble pie: Prick sweet potatoes all over with a fork. Microwave on High until tender all the way to the center, 10 to 15 minutes. *(Alternatively, place in a baking dish and bake at 425°F until tender all the way to the center, about 1 hour.)*
3. Meanwhile, preheat oven to 350°F.
4. Remove the dough from the refrigerator and let stand for 5 to 10 minutes to warm slightly.
5. When the sweet potatoes are cool enough to handle, scoop the flesh into the food processor (discard skins). Pulse until smooth. Add evaporated milk, brown sugar, eggs, butter, brandy, vanilla, nutmeg, allspice and salt. Puree until very smooth, scraping down the sides as needed.
6. Roll the dough out on a lightly floured surface into a 12-inch circle. Transfer to a 9-inch deep-dish pie pan. Tuck the overhang under and crimp the edge with a fork or flute it between your thumb and index finger. Pour the filling into the crust.
7. Bake the pie until puffed and just firm in the center, 50 to 55 minutes. Let cool on a wire rack for at least 30 minutes before serving.

SERVES 12: 1 slice each

CAL 259 / **FAT** 12G (SAT 7G) / **CHOL** 79MG / **CARBS** 30G / **TOTAL SUGARS** 17G (ADDED 12G) / **PROTEIN** 6G / **FIBER** 2G / **SODIUM** 258MG / **POTASSIUM** 295MG

Sweet Potato Pommes Anna

ACTIVE: 35 min **TOTAL:** 1½ hrs
EQUIPMENT: 8-inch cast-iron skillet, mandoline

This multicolored galette is a fun twist on the classic dish made with white potatoes. Don't worry if you only have one type of sweet potato, the result will still be beautiful. The bottom bakes to a potato-chip crisp with a caramelly sweetness, while the interior becomes melt-in-your-mouth rich. (Photo: page 83.)

3 tablespoons unsalted butter, melted
2 tablespoons extra-virgin olive oil
12 ounces purple sweet potatoes, peeled
12 ounces orange sweet potatoes, peeled
12 ounces white sweet potatoes, peeled
1 teaspoon chopped fresh thyme
1 teaspoon salt
1 teaspoon ground pepper

1. Preheat oven to 400°F.
2. Combine butter and oil in a small dish. Liberally brush the bottom and sides of an 8-inch cast-iron skillet with some of the mixture.
3. Using a mandoline, thinly slice sweet potatoes about 1/16 inch thick. Arrange one-fourth of the potatoes in concentric circles in the pan, overlapping the slices and alternating colors. Brush with some of the butter mixture and sprinkle with ¼ teaspoon each thyme, salt and pepper. Repeat to make three more layers.
4. Heat the pan over high heat until the sweet potatoes start sizzling, about 3 minutes. Cover the pan with foil and transfer to the oven. Bake for 30 minutes.
5. Uncover and continue baking until the sweet potatoes in the center are easily pierced with a skewer and the bottom is golden brown and slightly crispy, 20 to 25 minutes more.
6. Let cool for 10 minutes. Run a small sharp knife around the edge of the pan to loosen the potatoes, then invert the galette onto a serving plate. Cut into 8 wedges.

SERVES 8: 1 wedge each

CAL 140 / **FAT** 8G (SAT 3G) / **CHOL** 11MG / **CARBS** 16G / **TOTAL SUGARS** 5G (ADDED 0G) / **PROTEIN** 2G / **FIBER** 3G / **SODIUM** 319MG / **POTASSIUM** 374MG.

Sweet & Spicy Steam-Fried Collard Greens

ACTIVE: 25 min **TOTAL:** 25 min

The Hugheses also grow collard greens on their farm and their favorite way to prepare them is a departure from typical Southern-style all-day stewed greens. By cutting the greens into ribbons and sautéing them first with a small amount of fat and then steaming them, Linda is able to get tender-crisp collards on the table in under a half hour. (Photo: page 85.)

2 pounds collard greens, stemmed
4 teaspoons bacon fat *or* extra-virgin olive oil
½ teaspoon salt
¼ cup water
2 small cloves garlic, grated
1 tablespoon light brown sugar
¼ teaspoon crushed red pepper
¼ teaspoon ground nutmeg
2 teaspoons lemon juice

1. Wash collard greens. Stack 5 or 6 leaves at a time and roll tightly from the long side to create a long, cigarlike cylinder. Slice crosswise into ¼-inch-thick ribbons.
2. Heat 2 teaspoons bacon fat (or oil) in a large cast-iron skillet over medium-high heat. Add half the collards and ¼ teaspoon salt. Cook, stirring frequently, until wilted, about 2 minutes. Transfer to a plate and repeat with the remaining 2 teaspoons bacon fat (or oil), collards and ¼ teaspoon salt.
3. Return the first batch of collards to the pan. Add water, garlic, brown sugar, crushed red pepper and nutmeg. Cook, stirring, until the collards are very tender, about 2 minutes. Remove from heat and stir in lemon juice.

SERVES 6: about ½ cup each

CAL 68 / **FAT** 4G (SAT 1G) / **CHOL** 3MG / **CARBS** 7G / **TOTAL SUGARS** 3G (ADDED 2G) / **PROTEIN** 3G / **FIBER** 4G / **SODIUM** 214MG / **POTASSIUM** 194MG.

Linda Leach-Hughes prefers Beauregards or Covingtons for everyday cooking. Her favorite dish: oven-baked wedges with a sprinkle of olive oil and salt.

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Coconut Flan

Ingredients

1 cup sugar

5 eggs

1 cup GOYA® Cream of Coconut

1 cup GOYA® Sweetened

Condensed Milk

1 can (13.5 oz.) GOYA® Coconut Milk

¼ tsp. vanilla extract

Raspberries (optional)

Mint leaves (optional)

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SWEET POTATOES

Caraway-Sweet Potato Rolls

ACTIVE: 35 min **TOTAL:** 2½ hrs
TO MAKE AHEAD: Store airtight for up to 1 day; reheat before serving.
Caraway seeds bring an earthy note to these rolls. Cumin or aniseed makes a great substitute, or omit the seeds and sprinkle the tops with sea salt alone. This dough starts out sticky, but the extra moisture as well as the vinegar help soften the hearty whole-grain flour for a fluffy, soft interior. (Photo: page 84.)

- **1 medium sweet potato (about 10 ounces), peeled and cut into 1-inch pieces**
- **4 cups water**
- **3 tablespoons extra-virgin olive oil**
- **1 tablespoon cider vinegar**
- **1 teaspoon salt**
- **⅓ cup reduced-fat milk, warmed to 100°F**
- **1 packet active dry yeast**
- **1 teaspoon sugar**
- **3 cups white whole-wheat flour, plus more for kneading**
- **1½ teaspoons caraway seeds, divided**
- **1½ tablespoons butter, melted**
- **½ teaspoon flaky sea salt**

1. Place sweet potato and water in a medium saucepan; bring to a boil over high heat. Reduce heat to maintain a simmer and cook until the sweet potato is tender, 10 to 12 minutes. Reserve ¼ cup cooking liquid in a small bowl. Drain and transfer the sweet potato to a food processor. Add oil, vinegar and salt and puree, scraping down the sides of the bowl as needed, until smooth, about 1 minute.
2. Combine warmed milk, yeast and sugar in a small bowl; let stand 5 minutes. Add the yeast mixture, flour and 1 teaspoon caraway seeds to the food processor. Pulse until a slightly sticky dough forms. If it is too dry, add the reserved cooking liquid, 1 tablespoon at a time, with the motor running, just until the dough forms a ball.
3. Transfer the dough to a lightly floured surface and knead for 2 minutes, sprinkling with more flour if it sticks. Shape into a ball and transfer to a bowl coated with cooking spray. Cover with plastic wrap and let rise in a warm, draft-free place until the dough doubles in size, about 1 hour.
4. Coat a 9-by-13-inch baking pan with cooking spray.
5. Punch down the dough and divide into 15 equal pieces. Roll each piece into a ball and place in the prepared pan. Cover with plastic wrap and let rise until almost doubled, about 45 minutes.
6. Preheat oven to 375°F.
7. Brush the rolls with butter and sprinkle with the remaining ½ teaspoon caraway seeds and flaky salt. Bake until light golden brown, 25 to 30 minutes. Let cool in the pan for 10 minutes. Turn out onto a wire rack. Serve warm or at room temperature.

SERVES 15: 1 roll each
CAL 136 / **FAT** 4G (SAT 1G) / **CHOL** 3MG / **CARBS** 22G / **TOTAL SUGARS** 1G (ADDED 0G) / **PROTEIN** 4G / **FIBER** 3G / **SODIUM** 241MG / **POTASSIUM** 84MG.

Smoked Sweet Potato & Escarole Salad

ACTIVE: 30 min **TOTAL:** 1¾ hrs
TO MAKE AHEAD: Refrigerate smoked sweet potatoes (Steps 1-5) up to 1 day ahead. Bring to room temperature before adding in Step 6.
EQUIPMENT: Heavy-duty foil
Sweet and smoky (a familiar duo in BBQ-loving North Carolina), these sweet potatoes are an exciting flavor foil for bitter escarole. If the weather isn't cooperating for outdoor smoking on the grill, use an indoor stovetop smoker, or skip this step altogether. (Photo: page 85.)

- **1 cup apple *or* pecan wood chips *(see Tip, page 124)***
- **1 large sweet potato (about 1 pound), cut into ½-inch wedges**
- **4 tablespoon extra-virgin olive oil, divided**
- **½ teaspoon salt, divided**
- **1½ tablespoons lime juice**
- **2 teaspoons finely chopped shallot**
- **½ teaspoon Dijon mustard**
- **8 cups torn escarole**
- **2 tablespoons pomegranate seeds *(see Tip, page 124) or* unsweetened dried cranberries**
- **2 ounces goat cheese, crumbled**
- **2 tablespoons toasted pumpkin seeds**

1. Soak wood chips in a bowl of water for 30 minutes.
2. Fold a 12-by-20-inch piece of heavy-duty foil in half to create a 12-by-10-inch double-thick piece. Drain the wood chips and place in the center of the foil. Fold the short ends over the chips and crimp the other sides together to make a loose packet. Poke 6 holes in the top with a skewer or the tip of a knife.
3. Remove the grate from one side of the grill. Place the packet of wood chips, pierced-side up, directly on the burners. Replace the grate, turn on all the burners to high and close the lid. Heat the grill until smoke begins to billow from under the lid, about 20 minutes. Turn the burner off on the side without the wood-chip packet.
4. Meanwhile, bring a large saucepan of water to a boil over high heat. Add sweet potato wedges and reduce heat to maintain a simmer. Cook until almost tender, about 8 minutes. Drain and pat dry.
5. Toss the sweet potatoes in a large bowl with 1 tablespoon oil and ¼ teaspoon salt. Arrange on the grill grate on the side without the packet. Close the lid and grill until charred and smoky, about 45 minutes.
6. Whisk lime juice, shallot and mustard in a large bowl with the remaining 3 tablespoons oil and ¼ teaspoon salt. Add escarole and the sweet potato wedges and toss to combine. Transfer to a serving platter and top with pomegranate seeds (or cranberries), goat cheese and pumpkin seeds.

SERVES 6: about 2 cups each
CAL 179 / **FAT** 12G (SAT 3G) / **CHOL** 4MG / **CARBS** 15G / **TOTAL SUGARS** 3G (ADDED 0G) / **PROTEIN** 4G / **FIBER** 4G / **SODIUM** 291MG / **POTASSIUM** 424MG.

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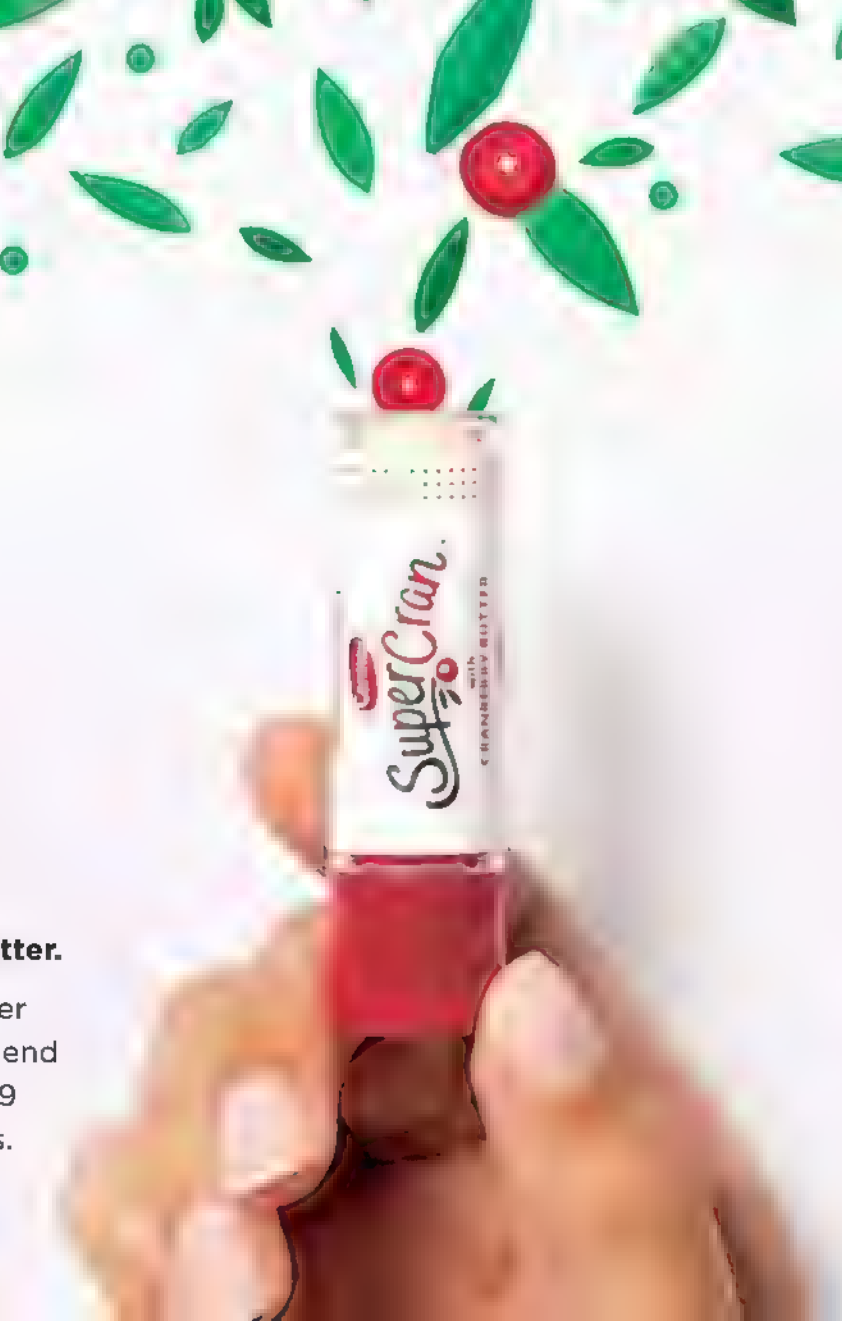

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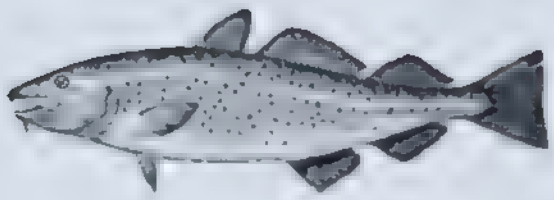
Domenica's FEAST *of the* Seven Fishes



For some people, Christmas conjures the warm scent of gingerbread and sugar cookies. For others, fresh pine needles and new-fallen snow. But for me, the holiday always has and always will smell like the sea.

BY **DOMENICA MARCHETTI** PHOTOGRAPHY **HELEN NORMAN**

MENU

Salmon Crudo with Fennel & Crispy Capers

Garlic-Sautéed Shrimp

Cauliflower with Anchovies & Oil-Cured Olives

Brodetto di Pesce

Bitter Greens Salad with Oranges

Pandoro Tiramisù

Tomatoes and shellfish in **Brodetto di Pesce** *(p.102)* call for an acidic light-bodied wine. Reach for something pink, such as the 2017 Fantini Farnese Cerasuolo d'Abruzzo Rosé ($10).

Notes of fresh herbs and citrus in the unoaked De Forville Piemonte Chardonnay "Ca' del Buc" ($17) pair nicely with **Garlic-Sautéed Shrimp** *(p.100)*.

Domenica and her daughter, Adriana.

Cauliflower with Anchovies & Oil-Cured Olives *(p.100)*

My mom grew up in Chieti, a hilltop city near Italy's Adriatic coast. She came to the U.S. in the 1950s and met my Italian-American dad on a blind date. In their suburban New Jersey kitchen, Mom re-created the recipes and flavors of Abruzzo, her native region: homemade spaghetti *alla chitarra* with ragù on Sundays, roast lamb on Easter and a multicourse seafood feast for Christmas Eve, called La Vigilia in reference to the vigil, or wait, for the birth of Jesus. We looked forward to La Vigilia more than any other meal of the year.

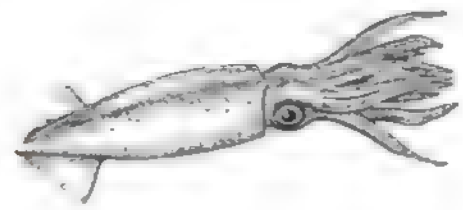
The custom of eating fish for Christmas Eve evolved from an early Christian practice of fasting during certain holy days. In Italy, many families broke the day-long fast with a large fish dinner before heading to midnight Mass. Meat, a greater luxury than fish for most families, was reserved for Christmas Day. The custom made practical sense. Fish in Italy was plentiful and cheap; it fed many mouths and there was no end to the ways in which it could be enjoyed—in stews, with pasta, sautéed, roasted, grilled or fried. Nowadays, for many of us, La Vigilia is the real show-stopper meal.

Feast of the Seven Fishes is the Italian-American name for this celebratory dinner. Depending on whom you ask, the number refers to the varieties of fish served at the feast or the number of courses. We never counted—my mom had never heard of that ritual before moving to the U.S.—but there were always a lot. The "seven" has religious connotations, but that, too, is open to interpretation. Some maintain that it stands for the seven sacraments and others say it refers to the number of days it took God to create the universe. (Other variations on the feast call for nine types of fish to be served, signifying the Holy Trinity times three, or say the correct number is actually 13, for the 12 apostles and Jesus.)

It's been some years since my sister and I took over Christmas Eve duties, alternating each year as host. While I love tradition, I am a cookbook author so naturally I enjoy mixing things up. This year's menu is a good example. The salmon crudo is a new addition. It starts the meal off on a fresh, and light, note. The garlic-sautéed shrimp, on the other hand? It's traditional and a family favorite, so it stays. And while we all love my mom's tomato-braised calamari, I'm opting for a classic Adriatic-style seafood stew called *brodetto* that features not only calamari but also clams, mussels and chunks of fish simmered in a rich tomato broth. And, for those who are counting fish, brodetto makes reaching that magic number seven a lot easier to achieve.

Our meal almost always ends with a round (or two) of amaro and a plate of homemade cookies. This year, though, I'm raising the stakes with a real dessert: tiramisù with a twist. Instead of ladyfingers I use *pandoro*, a star-shaped Christmas cake from Verona with a tender, buttery crumb. Its airy texture is just right for soaking up the Grand Marnier-spiked coffee and rich custard filling. After all, dinner may be focused on fish, but doesn't dessert deserve a star turn too?

The author of seven Italian cookbooks, **DOMENICA MARCHETTI** *also leads culinary tours and workshops in Italy. Visit her website at* domenicacooks.com.



Bitter Greens Salad with Oranges
(p.102)

Break Out the Amaro

BY **KARA NEWMAN**

This aromatic, herbal, bittersweet liqueur is traditionally served as a digestif after meals in Italy. Flavored with an array of spices, roots, peels and barks, amari are naturally complex. They can be syrupy-sweet (some have sugar added), bracingly minty or tongue-curlingly bitter—the word *amaro* is literally Italian for "bitter," after all. Drink it as they do in Italy—straight up or over a cube of ice, adorned with a curl of lemon or orange peel. For a hot-toddy-like drink, mix equal parts amaro and hot water, and garnish with an orange slice.

TWO TO TRY

Amaro Montenegro ($28/750 mL): A light, sweet amaro with a mild vanilla note.

Amaro Nonino ($40/750 mL): This flavorful amaro balances flavors of orange peel, caramel and spice.

A citrus-speckled green salad (opposite bottom) makes for a refreshing pause between the main course and dessert. After the feast, Domenica's brother-in-law, John, pours a glass of amaro to enjoy with dessert. Its bitter flavors are lovely with the espresso and chocolate in the tiramisù.

Pandoro Tiramisù *(p.103)*

A bottle of bubbly, such as Nino Franco Prosecco Rustico ($14), complements **Salmon Crudo with Fennel & Crispy Capers.**

Salmon Crudo with Fennel & Crispy Capers

ACTIVE: 20 min **TOTAL:** 1½ hrs

Briefly freezing the fish makes it easier to slice

- **1 pound previously frozen wild salmon, skinned, pin bones removed *(see Tip)***
- **⅓ cup extra-virgin olive oil**
- **2 tablespoons capers, rinsed and dried**
- **2 tablespoons lemon juice**
- **1 tablespoon minced flat-leaf parsley**
- **1 cup very thinly sliced fennel**
- **¼ cup very thinly sliced red onion**
- **½ teaspoon flaky sea salt**
- **¼ teaspoon ground pepper**
- **Fennel fronds & lemon wedges (optional)**

1. Wrap salmon tightly in plastic wrap and place in the freezer for 45 minutes.
2. Unwrap the fish and use a sharp knife to slice it crosswise into very thin slices. Arrange on a serving platter. Cover with plastic wrap and refrigerate for 30 minutes.
3. Meanwhile, place a fine-mesh sieve over a heatproof medium bowl. Heat oil in a medium skillet over medium heat. Carefully add capers (they will spatter). Fry, swirling gently, until the capers are golden-brown, 30 seconds to 1 minute. Drain in the sieve. Let cool 5 minutes. Whisk lemon juice and parsley into the oil.
4. Top the salmon with fennel, onion, salt, pepper, the capers and the dressing. Garnish with fennel fronds and lemon wedges, if desired.

SERVES 8: ¼ cup each

CAL 177 / **FAT** 14G (SAT 2G) / **CHOL** 36MG / **CARBS** 2G / **TOTAL SUGARS** 1G (ADDED 0G) / **PROTEIN** 13G / **FIBER** 1G / **SODIUM** 207MG / **POTASSIUM** 263MG

TIP: Raw wild salmon may contain parasites but commercial freezing kills them. Buy it from a high-quality fish market and tell them how you plan to serve it, or look for salmon labeled "frozen at sea."

Garlic-Sautéed Shrimp

ACTIVE: 40 min **TOTAL:** 40 min

Peeled shrimp may be convenient, but here the shells—and heads if you are lucky enough to find them still on—are transformed into a quick stock that adds a boost of flavor. (Photo: page 96)

- **24 unpeeled raw shrimp (16-20 count), preferably with heads left on *(see Tip, page 124)***
- **¾ cup dry white wine**
- **¾ cup low-sodium chicken broth**
- **2 bay leaves, preferably fresh**
- **1 tablespoon butter**
- **1 tablespoon extra-virgin olive oil**
- **1 clove garlic, thinly sliced**
- **½ teaspoon crushed red pepper**
- **¼ teaspoon kosher salt**
- **2 teaspoons lemon juice, plus lemon wedges for garnish**
- **1 tablespoon minced flat-leaf parsley, plus a few sprigs for garnish**

1. Rinse shrimp and pat dry. Gently separate bodies from heads. Peel all but the tail (keeping the heads and shells) and devein; set aside.
2. Combine wine, broth, bay leaves, the shrimp shells and heads (if using) in a large skillet. Bring to a boil over medium-high heat. Reduce heat to maintain a simmer, cover and cook for 5 minutes. Uncover and cook at a lively simmer until reduced to about ½ cup liquid, 3 to 5 minutes more. Strain the stock into a bowl and discard the solids. Wipe out the pan.
3. Heat butter and oil in the pan over medium-low heat. Add garlic and cook, stirring, until softened but not browned, 1 to 2 minutes. Add crushed red pepper, salt and the shrimp stock. Increase heat to medium-high and cook until reduced by half, about 3 minutes.
4. Arrange the reserved shrimp in the pan in a single layer. Cook until pink and curled, 1 to 2 minutes per side. Add lemon juice and parsley and toss gently to combine. Transfer the shrimp to a warm platter or bowl. Serve with lemon wedges and more parsley, if desired.

SERVES 8: 3 shrimp each

CAL 136 / **FAT** 4G (SAT 1G) / **CHOL** 163MG / **CARBS** 1G / **TOTAL SUGARS** 0G (ADDED 0G) / **PROTEIN** 20G / **FIBER** 0G / **SODIUM** 186MG / **POTASSIUM** 304MG

Cauliflower with Anchovies & Oil-Cured Olives

ACTIVE: 25 min **TOTAL:** 50 min

This dish has been part of our Christmas Eve feast for as long as I can remember. It's my mom's recipe and features all my favorite assertive flavors: garlic, anchovies, capers, plus a splash of good wine vinegar. (Photo: page 97.)

- **1 medium head cauliflower (2 pounds), trimmed and cut into bite-size florets**
- **3 tablespoons extra-virgin olive oil**
- **2 cloves garlic, lightly crushed**
- **¾ cup pitted oil-cured olives**
- **8 oil-packed anchovy fillets**
- **1½ tablespoons capers, rinsed, dried and coarsely chopped**
- **2 tablespoons red-wine vinegar**

1. Bring a large pot of water to a boil. Add cauliflower florets, cover and cook until barely tender, about 2 minutes. Drain.
2. Combine oil and garlic in a large skillet over

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medium heat. Cook, pressing down on the garlic to release its fragrance, until it is sizzling but not browned, 1 to 2 minutes. Add olives, anchovies and capers. Cook, pressing down lightly with a spoon or spatula to mash the anchovies, until they are mostly melted, 1 to 2 minutes.
3. Gently stir in the cauliflower. Cover and cook on medium-low, stirring occasionally, until the cauliflower is tender but not mushy, 15 to 20 minutes. (Add 1 to 2 tablespoons water if necessary to keep it from drying out.) Uncover and increase heat to medium-high. Add vinegar and cook, stirring, until it is absorbed, 2 to 4 minutes.

SERVES 8: ¾ cup each

CAL 97 / **FAT** 13G (SAT 2G) / **CHOL** 3MG / **CARBS** 5G / **TOTAL SUGARS** 1G (ADDED 0G) / **PROTEIN** 2G / **FIBER** 1G / **SODIUM** 216MG / **POTASSIUM** 159MG.

Brodetto di Pesce (Adriatic-Style Seafood Stew)

ACTIVE: 45 min **TOTAL:** 1¼ hrs

You will find versions of this hearty fish stew all along Italy's Adriatic coast. In Abruzzo, where my family is from, the stew is spiked with hot pepper and served with grilled or toasted bread to sop up the sauce. (Photo: page 95.)

- **¼ cup extra-virgin olive oil, plus more for serving**
- **1 medium yellow *or* red onion, finely diced**
- **⅓ cup finely diced celery**
- **⅓ cup finely chopped flat-leaf parsley, plus more for serving**
- **4 cloves garlic, lightly crushed, divided**
- **½ teaspoon crushed red pepper**
- **¾ cup dry white wine**
- **3 sprigs fresh oregano**
- **3 fresh bay leaves**
- **2½ cups clam juice *or* seafood stock, divided**
- **2 cups petite diced *or* crushed canned tomatoes**
- **2 pounds littleneck clams, scrubbed**
- **1 pound mussels, scrubbed**
- **1 pound cleaned squid tubes *and/or* tentacles, tubes cut into rings**
- **1 pound meaty white fish, such as cod, monkfish, rockfish, snapper *or* a combination, cut into 2-inch pieces**
- **2 tablespoons lemon juice**
- **8 diagonal slices whole-grain baguette (½ inch thick), plus more for serving**

1. Cook oil, onion, celery, parsley, 3 cloves garlic and crushed red pepper in a large pot over medium-low heat, stirring occasionally, until the vegetables are very tender, about 15 minutes.
2. Increase heat to medium-high and add wine; cook for 1 minute. Add oregano and bay leaves; cook for 30 seconds. Add 2 cups clam juice (or stock) and tomatoes and bring to a boil over high heat. Reduce heat to a simmer and cook until slightly thickened, 20 to 25 minutes.
3. Add clams and mussels; cover and cook 5 minutes. Add squid, fish and the remaining ½ cup clam juice (or stock). Cover and cook until the fish is just cooked through, 8 to 12 minutes. Remove from heat and gently stir in lemon juice.
4. Meanwhile, preheat broiler to high.
5. Place bread on a rimmed baking sheet and broil until lightly browned, 1 to 2 minutes. Immediately rub with the remaining garlic clove.
6. Place one slice of bread in each of 8 shallow bowls and top with the stew. Serve with more oil, parsley and bread, if desired.

SERVES 8: 1 cup stew & 1 slice bread each

CAL 334 / **FAT** 10G (SAT 2G) / **CHOL** 184MG / **CARBS** 26G / **TOTAL SUGARS** 4G (ADDED 0G) / **PROTEIN** 31G / **FIBER** 2G / **SODIUM** 770MG / **POTASSIUM** 903MG.

Bitter Greens Salad with Oranges

ACTIVE: 20 min **TOTAL:** 20 min

A bright, bitter salad is a welcome palate cleanser after a rich seafood feast. (Photo: page 98.)

- **2 chilled blood *or* Cara Cara oranges**
- **2 tablespoons honey**
- **2 tablespoons cider vinegar**
- **1 tablespoon Dijon mustard**
- **½ teaspoon kosher salt**
- **½ teaspoon ground pepper**
- **⅓ cup extra-virgin olive oil**
- **8 cups torn red *or* green butter lettuce**
- **4 heads Belgian endive, cut crosswise into 2-inch pieces**
- **4 cups arugula**
- **3 cups torn radicchio**

1. Slice ½ inch off both ends of the oranges and squeeze the juice from those pieces (about 1

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tablespoon) into a large bowl. Whisk in honey, vinegar, mustard, salt and pepper. Gradually whisk in oil until combined. Reserve 2 tablespoons of the dressing in a small bowl.
2. With a sharp knife, remove the peel and white pith from the oranges; discard. Slice the oranges into thin rounds.
3. Add lettuce, endive, arugula and radicchio to the large bowl and toss to combine. Transfer the greens to a serving platter and top with the orange slices. Drizzle with the reserved dressing.

SERVES 8: 2 cups each

CAL 137 / **FAT** 10G (SAT 1G) / **CHOL** 0MG / **CARBS** 11G / **TOTAL SUGARS** 8G (ADDED 4G) / **PROTEIN** 1G / **FIBER** 2G / **SODIUM** 171MG / **POTASSIUM** 259MG

Pandoro Tiramisù

ACTIVE: 1 hr **TOTAL:** 13 hrs
(including 9½ hrs chilling time)
TO MAKE AHEAD: Refrigerate for up to 3 days.
I've always loved the Italian Christmas bread pandoro. *Some years ago, I decided to substitute it for ladyfingers to make tiramisù, and my favorite holiday dessert was born. If you prefer ladyfingers, use 8 ounces in place of the pandoro.* (Photo: page 99)

- **2 cups reduced-fat milk**
- **1 vanilla bean**
- **6 large egg yolks**
- **⅔ cup sugar plus 3 tablespoons, divided**
- **¼ cup all-purpose flour**
- **1¼ cups heavy cream**
- **1¼ cups mascarpone**
- **1 pandoro cake *(see Tip, page 124)*, cut crosswise into ¾-inch-thick slices**
- **1 cup strong espresso**
- **¼ cup Grand Marnier *or* orange juice**
- **¼ cup grated bittersweet chocolate**
- **Cocoa powder for dusting**

1. Pour milk into a medium heavy-bottomed saucepan. Split vanilla bean and, with the tip of a sharp knife, scrape all the black paste inside it into the milk. Add the pod. Heat over medium heat until very hot and bubbles form around the edges, but do not allow it to boil, 3 to 5 minutes. Remove from heat and let stand for 5 minutes. Discard the pod.
2. Whisk egg yolks and ⅔ cup sugar in a medium bowl until pale yellow. Whisk in flour. Dribble in a little of the hot milk, whisking as you go, to prevent the eggs from cooking. Continue to slowly whisk in milk until you have added about half.
3. Slowly whisk the egg mixture back into the remaining milk in the pan and return to medium heat. Cook, whisking constantly, until the mixture has thickened and is just about to boil. Immediately turn heat to low and continue to cook, whisking, until very thick, 3 to 4 minutes.
4. Place a fine-mesh sieve over a heatproof bowl. Strain the pastry cream through the sieve, scraping the underside to make sure you get it all. Let cool 5 minutes. Press plastic wrap directly on the surface of the cream and refrigerate until cold, at least 1½ hours and up to 1 day.
5. To assemble: Whip heavy cream, mascarpone and the remaining 3 tablespoons sugar in a large bowl until stiff. Reserve 2 cups of the whipped cream, then gently fold the rest into the chilled pastry cream.
6. Arrange half the Pandoro slices snugly in the bottom of a 9-by-13-inch baking dish. Combine espresso and Grand Marnier (or juice). Brush half the espresso mixture over the cake and sprinkle with 2 tablespoons chocolate. Spread half of the pastry cream mixture over the cake. Arrange the remaining Pandoro slices over the pastry cream, brush with the remaining espresso mixture and sprinkle with the remaining 2 tablespoons chocolate. Spread the remaining pastry cream evenly over the top, then spread the remaining whipped cream over that. Cover tightly with plastic wrap. Refrigerate for at least 8 hours and preferably overnight.
7. Right before serving, dust the top of the tiramisù with cocoa. Cut into 18 pieces.

SERVES 18: ½ cup each

CAL 295 / **FAT** 19G (SAT 11G) / **CHOL** 125MG / **CARBS** 17G / **TOTAL SUGARS** 15G (ADDED 3G) / **PROTEIN** 5G / **FIBER** 1G / **SODIUM** 73MG / **POTASSIUM** 173MG

Dinner with a dash of bonding

Begin with Ben

FOUR

CHOCOLATE IS AMERICA'S FAVORITE CONFECTION, AND WE'RE CELEBRATING IT WITH A DEEP, INDULGENT DIVE INTO HOW IT GOES FROM BEAN TO BAR, A TASTING PARTY, RECIPES AND MORE.

BY SIMRAN SETHI
RECIPES BY ALICE MEDRICH

THE GODS

SYLVIE CORRIVEAU/SHUTTERSTOCK; JILL CHEN/STOCKSY

Dark. Rapturous. Deeply satisfying. There's a reason chocolate is celebrated all around the world. (Americans alone each eat about three-quarters of a pound a month.) Whether you're enjoying peppermint-studded bark or Hanukkah gelt (or both!), the holidays wouldn't quite be the same without it. But while our love for the substance is profound, what you may not be familiar with is chocolate's past and present—from where it originates to how its made—a story that is both bitter and sweet.

Chocolate comes from cacao: heavy pods shaped like mottled footballs, ranging in color from bright yellow to deep burgundy, that hang haphazardly from forests of towering trees. When cracked open, the pods reveal juicy, whitish flesh tasting of equally diverse flavors, like melon and peanut brittle. Deeper still, however, is the real prize: seeds, called cocoa once processed, that become the chocolate bars and confections we know and love.

Before it became the world's leading treat, cacao was consumed as a drink. Not the hot chocolate we cozy up with today, but a soupy porridge seasoned with chiles and spices that was revered for its nourishing properties. In fact, since chocolate's beginnings, it has been a source of healing and spiritual significance. Originating in the dense forests of the upper Amazon, the seeds were used roughly 3,000 years ago by Mesoamerican people as sustenance, currency and in rituals of birth, marriage and death. That rich history is why Carolus Linnaeus—the botanist who created the plant classification system—coined the crop *Theobroma cacao:* "food of the gods."

In the 16th century, Spanish conquistador Hernán Cortés described the beverage (called *xoco atl*) as a "divine drink" that "builds up resistance and fights fatigue." He and his soldiers invaded the Yucatán Peninsula and Mexico and took cocoa back to Europe, where it was sweetened, stripped of its spiritual connection and transformed into a beverage valued by the aristocracy for similar curative purposes. By the mid-1800s, this "divine drink" was transformed into a bar and quickly became a global phenomenon. Cocoa is now the foundation of a $100 billion industry. It's grown by smallholder farmers in a band of land 10 to 20 degrees north and south of the Equator, primarily in West Africa. It's a dynamic crop, a product of both the places where it is grown and the many hands that support its growth and transformation into chocolate.

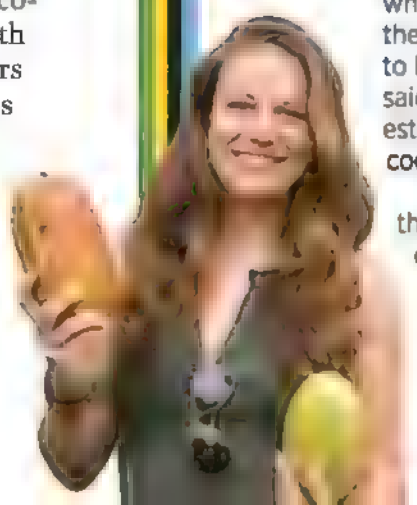
What follows is our ode to all-things-chocolate: we'll guide you through a chocolate tasting, look at the sweet treat's health benefits, introduce you to some top buyers and makers—and, of course, share recipes for creating your own delicious desserts.

SIMRAN SETHI *is a journalist and educator focused on food, sustainability and social change, and the author of* Bread, Wine, Chocolate: The Slow Loss of Foods We Love.

THE PROCURERS

ENSURING FAIR PRICES FOR FARMERS

Emily Stone *(below)*, co-founder and CEO of Uncommon Cacao, in Berkeley, CA, and Simran Bindra, co-founder and co-director of Kokoa Kamili, in Mbingu, Tanzania



When Simran Bindra started Kokoa Kamili, "I spent a lot of time sitting under mango trees with farmers, asking what would be most helpful to them," he says. "Training? Access to loans? Time and time again, they said, 'You know what we'd be interested in? Getting a fair price for our cocoa and our hard work.'"

So Bindra set out to do just that. Rather than using agents or middlemen—the standard practice—his organization buys cocoa directly from Tanzanian farmers. "They know the price we pay is guaranteed as long as they meet our quality parameters," he says. "Our price is publicized on the local radio station, in fliers we put up and by using a town crier."

Emily Stone's Uncommon Cacao operates similarly, and the two social entrepreneurs share a close collaborative relationship. Stone connects farmers in 14 different areas of the Caribbean and Central and South America with more than 150 chocolate makers around the world—including award-winning American makers Fruition, Ritual and Charm School Chocolate.

Although the companies operate in different parts of the world, their goal is the same: to shorten the supply chain and work directly with

farmers on improving the quality of their cocoa—by spending more time and care in the sorting, drying and fermenting process—and connecting them to chocolate makers willing to pay a premium for their harvest.

That's because despite being foundational to the creation of chocolate, cocoa farmers live at the margins, earning roughly 6 percent of the value of a chocolate bar—far less than manufacturers, retailers and the value-added taxes governments receive on chocolate sales. A study by chocolate company Barry Callebaut and the French Development Agency found that in Ivory Coast—the world's leading cocoa-producing country—farmers earn less than $1 per day. Additional research from Fairtrade International shows that even with its fair trade certification premium, many farmers still live in extreme poverty because the prices they're paid for commodity cacao (the "farmgate price") are so low.

But thanks to Stone's "radical transparency" when it comes to fair pricing, last year farmers in Uncommon Cacao's network were paid, on average, twice as much for their cacao than the West Africa farmgate price. That focus on transparency, quality over quantity, and rich flavor profiles in the end product also gives farmers access to a specialized market they would otherwise not be exposed to. But Stone adds that the end of that supply chain is just as critical as the beginning: "We need consumers who care about chocolate to start looking at higher-priced bars as an affordable luxury—one they choose to indulge in not only because it tastes incredible, but because farmers need that price."

Above: **Farmers harvest cacao in Choroni, Venezuela—an area known for producing high-quality chocolate prized for its notes of caramel. Cocoa crops are typically grown by smallholder farmers—often a single family working on a meager area of land.**

FROM BLOSSOM TO BAR

How cocoa grows and is transformed into the chocolate we crave

■ The journey starts with tiny orchidlike flowers that bloom on tall, spindly trees growing in a thin belt 10 to 20 degrees north and south of the Equator. Each tree produces up to 100,000 flowers a year.

■ Midges, a type of small biting fly, pollinate between 1 and 5 percent of the pink and white blossoms.

■ Roughly 2 percent of pollinated flowers produce pods—around 20 to 30 per tree—which ripen five to six months later. After harvesting, the fruits are cut open with machetes and the pulpy cacao seeds are scooped out.

■ The seeds are then fermented in wooden boxes or under banana leaves, where bacteria and yeast cause the thin layer of pulp to disintegrate. This microbial activity is key to flavor development, where tantalizing aroma compounds begin to develop and off-flavors dissipate.

■ The seeds, now referred to as beans, are dried, sorted and shipped around the world. (Once processing begins the beans are called cocoa, rather than cacao.)

■ When the beans reach the maker or manufacturer, they're sorted, roasted, broken and shelled.

■ The smaller pieces, called cocoa nibs, are ground into a paste, mixed for several days to improve texture, and tempered—a process of heating and cooling that rearranges the fat molecules in cocoa and improves the look, texture and melt of the end product.

■ Finally, molten chocolate is poured into molds, chilled and packaged. The entire process from blossom to bar can take seven to eight months.

THROW A CHOCOLATE-TASTING PARTY

Uncork the vino, put out a selection of bars and invite friends to bring favorites to share. We deliberately dressed up this chocolate spread to keep things festive and informal. (Purists would serve *just* the chocolate and a between-bite palate cleanser. So if you want to do a serious tasting, skip the extras.) Either way, slowing down to savor the sight, scent and complexity of flavor will give you a deeper appreciation for every bar. Here, pointers on what to buy and, best of all, how to taste.

1 Shop Select three to four chocolate bars with a limited number of ingredients so you can really experience the flavor of the cocoa. Pick single-origin bars that have approximately the same percentage of cocoa mass (72% cacao, for example) and similar ingredients. A great place to start for a variety of flavors are with bars from Ecuador, Ghana, Venezuela and Madagascar. Or try sampling a few chocolates from the same origin by different makers—an excellent way to understand how the skills of a chocolatier are revealed through the bar.

2 Examine Before you dig in, look at the chocolate's color, sheen and shape. These visuals prime you for what's to come. Any whitish cast (known as "bloom") is the separation of cocoa fat, not mold. This can happen if the chocolate wasn't kept at a consistent temperature.

3 Hear, Hear Hold the bar up to your ear and listen to how it breaks. A tight snap is a sign of good tempering.

4 Inhale Now smell the chocolate and notice what aromas are strongest. Most of what we think of as flavor comes from smell, not taste. Cocoa from Ecuador is known for nuttiness, while Venezuelan cocoa is celebrated for more delicate, caramel-like notes. The diversity of scents you can find in chocolate rival those found in wine. (If you want to really geek out on all the different scents, tastes and mouthfeels, download the Chocolate Sensory Wheel from renowned chocolate manufacturer Barry Callebaut at *EatingWell.com/chocolatetasting*.)

5 Start Dark Taste chocolate in order of intensity—from dark to milk—beginning with bars that have a higher percentage of cocoa mass (and less sugar) and working your way to those with lower amounts. This ensures the sugar and lactose in the milk powder—or any other added ingredients—won't overwhelm your palate before you have a chance to appreciate the flavor of the darker cocoas.

6 Taste Place a small piece of chocolate on your tongue and allow it to melt and coat your mouth. Cocoa beans are about 50 percent fat (cocoa butter). The aromas bound up in that fat fully disperse when chocolate starts to melt. You will now experience not only the smells, but tastes: sweet, sour, salty, bitter and umami.

7 Think Texture Notice the mouthfeel of the chocolate. Is it creamy or waxy? Is the texture rough or velvety? Assess the finish: does it linger or end quickly? There is no gold standard in terms of texture; it simply indicates the amount of fat in the bean and the way the cocoa was processed. Cocoa ground in a stone mill, for example, will have a rougher texture, while the addition of extra cocoa butter makes a bar silkier.

8 Refresh The formal way to taste is to have a small sip of room-temperature water and an unsalted cracker between bites to cleanse your palate. Otherwise, dig right back in and sample again. And again. And again.

WHAT TO POUR YOUR THIRSTY CROWD

A sweeter white wine, like riesling, is a natural with chocolate. Or go for an off-dry bubbly, like lambrusco, or port. You can also pull a wild card: bourbon. Yes, it totally works.

TERROIR, VARIETY & FLAVOR

As with wine, where and how cocoa is grown—its terroir, or taste of place—can impart layers of flavor to chocolate. The variety of plant, or cultivar, itself also impacts flavor. Ecuador, for example, is known for cocoa with floral and nutty notes, while beans from Venezuela are prized for delicate flavors of caramel and honey. And a good portion of craft chocolate made from Madagascan beans comes from a plantation known for cocoa with a sweet-tartness akin to green apples.

The majority of cocoa beans, however, are sold almost interchangeably—where beans from Ghana are considered equivalent to those from, say, Indonesia—and bred for yield and disease-resistance, not diversity of flavor. They're made into chocolate with strict recipes that require consistency. For good reason: we want to recognize the taste of our Ghirardelli or Hershey's bar every time we reach for it. But if it's terroir you're after, go craft.

THE MAKER

CREATING AWARD-WINNING CHOCOLATE WITH CONSCIENCE & HEART

Shawn Askinosie *(above)*, CEO and founder of Askinosie Chocolate in Springfield, Missouri

The first thing clients noticed upon entering Shawn Askinosie's law office back in 2005 was the aroma. "I housed my little chocolate-making operation in the kitchen right behind the reception area, and the smell of chocolate would hit you right when you walked through the front door," he says. At the time, Askinosie was a criminal defense attorney with two decades of experience working on high-profile cases—murders, drugs, robberies. But his passion for the work had waned and chocolate-making—which had started out as a hobby—was increasingly becoming his calling. "I would be in a drug case sentencing in the morning and then, in the afternoon, I'd go back to the office and make chocolate," he recalls.

The setup was modest: a popcorn popper set on a hot plate served as the cocoa-bean roaster; a juicer was used to pregrind the cocoa nibs; and equipment from India (designed to pulverize rice and pulses) was used for milling. Askinosie's paralegals and receptionists were often asked to watch over the chocolate while he was in court and, occasionally, jumped in to lend a hand.

Askinosie had no clue about what chocolate-making entailed when he first began dabbling in it. But, like any good lawyer, he dug into the research. An excursion to Ecuador to learn about cocoa cultivation further whetted his appetite for knowledge. "When I started meeting farmers and seeing and touching cocoa pods, it was an experience that felt almost sacred."

It took about a year for the fledgling chocolate maker to wind down his law practice and, in 2007, build his chocolate factory. Today, Askinosie is one of the most celebrated chocolate makers in the U.S.—crafting award-winning single-origin bars from cocoa imported from Tanzania, Ecuador, the Amazon and the Philippines. He's one of just a small handful of artisans to source directly from farmers—people he considers not only suppliers, but friends.

At least once a year, Askinosie makes the long trek from Missouri to each of the villages where he gets his cocoa so that farmers can taste the fruits of their labor and better understand how the work they put into growing and processing cocoa beans translates to the end product. He also shares the company's financial statements, engages in profit-sharing and sets up payments to finance farm operations. Askinosie treats their crop with equal reverence. "When we receive these beans in our little warehouse, our job is to not mess up what the farmers have done—to be careful, to understand how delicate the flavor is, as we create the chocolates that people will enjoy."

This humility sets Askinosie, who has been described as the "conscience of craft chocolate," apart from other makers. "I always knew there was no bottom to the pool that would allow me to one day say, 'I got all this figured out.' Twelve years later, that's still the case. It's hard to be a part of this process and *not* walk away with a sense of awe and wonder." And, he believes, a deeper appreciation for the differences in chocolate: "between bars, between crops and between makers—a difference to be celebrated."

DECIPHERING CHOCOLATE LABELS

If you've ever wondered what all those seals and claims mean, here's a breakdown so you can better understand—and appreciate—what you're actually paying for.

INGREDIENTS
In the U.S., a bar has to contain at least 10 percent cocoa mass to be called chocolate; otherwise, it's considered a confection or candy. Conventional bars typically contain sugar, milk (in the form of powder), additional fat (extra cocoa butter or other oils) and an emulsifier like soy lecithin. Specialty bars may have as few as one or two ingredients (cocoa, sugar), allowing you to more fully experience the unique flavors in the chocolate.

% CACAO
This tells you the amount of cocoa (both solids and fat) in the chocolate. As the percentage of cocoa increases—it can range from 10 all the way to 100 percent—the amount of sugar decreases.

USDA ORGANIC
If you want chocolate made with ingredients grown without synthetic pesticides and fertilizers, then look for this seal.

FAIR TRADE
This third-party certification label ensures that farmers who grow cacao are guaranteed a minimum price, plus a premium, for their crop. Multiple organizations certify fair-trade chocolate.

RAINFOREST ALLIANCE
Another third-party designation primarily focused on how cocoa is grown, using environmental standards developed by the Sustainable Agriculture Network that range from soil and wildlife protection to improved working conditions and wages for farmers.

Terms that aren't standardized:

BEAN-TO-BAR / ARTISANAL / SMALL BATCH / CRAFT
Smaller makers often use terms like these to signify specialized production.

SINGLE ORIGIN
Indicates the cocoa beans were grown in one specific place. Most chocolate is made from a blend of beans from different areas. Single-origin chocolate can have a distinct flavor based on the country or region it comes from.

DIRECT TRADE
Indicates the chocolate maker bought cocoa directly from a smaller bean broker or farmer for a price higher than the farmer would make selling cacao based on the standard commodity price.

Chef José Andrés

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SWEET BENEFITS

You've seen the chocolate-is-healthy headlines—and who wouldn't want to buy into them? But we set the bar high (no industry-funded research or one-off studies) when combing through the evidence. What we found (rejoice!):

Improves Heart Health

Research in the *American Heart Journal* found that three to six 1-ounce servings of chocolate a week reduces the risk of heart failure by 18 percent. And another study published in *BMJ* suggests the treat may help prevent atrial fibrillation (or a-fib), a condition characterized by irregular heartbeat. People eating two to six servings a week had a 20 percent lower risk of developing a-fib compared to those consuming it less than once a month. Researchers believe cocoa's antioxidant properties and magnesium content may help improve blood vessel function, reduce inflammation and regulate platelet formation—factors that contribute to a healthy heartbeat.

Lowers Blood Pressure

Speaking of your heart, among people with hypertension, daily chocolate consumption helps lower systolic blood pressure (the top number of the reading) by 4 mmHg, according to a recent review of 40 trials. (Not bad, considering that medication typically lowers systolic blood pressure by about 9 mmHg.) The researchers posit that the flavanols signal your body to widen blood vessels, in turn dropping blood pressure.

Reduces Diabetes Risk

A 2018 study of more than 150,000 people in the *European Journal of Clinical Nutrition* found that nibbling about 2.5 ounces of chocolate per week was associated with a 10 percent lower risk of type 2 diabetes—and that was even after factoring in the added sugar. Chocolate appears to act as a prebiotic—feeding the beneficial bacteria that live in your microbiome. These good gut bugs produce compounds that improve insulin sensitivity and reduce inflammation.

Boosts Mental Sharpness

Older adults who reported eating chocolate at least once a week scored higher on a number of cognitive tests compared to those indulging less often, according to a study published in the journal *Appetite*. The researchers point to a group of compounds in chocolate called methylxanthines (which include caffeine) that have been shown to improve concentration and mood. (When you feel good, your brain also performs better.) And a Spanish study found that adults eating 2.5 ounces of chocolate a week have better scores on tests used to screen for cognitive impairment, like dementia.

—Julia Westbrook

QUEEN OF SHEBA CAKE / P.116

DISCOVER

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Teff Brownies

ACTIVE: 20 min **TOTAL:** 2 hrs 20 min
TO MAKE AHEAD: Store airtight for up to 2 days.
EQUIPMENT: Parchment paper or foil

Whole-grain teff flour (made from a tiny ancient grain) has a nuance of cocoa flavor to start with, making it a natural choice for brownies. These gluten-free brownies are moist and satisfying, intensely chocolaty, and have a tender texture.

- **6 ounces dark chocolate (70% cacao), coarsely chopped**
- **6 tablespoons unsalted butter**
- **⅔ cup granulated sugar**
- **½ teaspoon salt**
- **2 cold large eggs**
- **½ cup teff flour**
- **1 cup chopped walnuts**

1. Position a rack in the lower third of the oven and preheat to 325°F. Line the bottom and sides of an 8-inch-square baking pan with parchment paper or foil coated with cooking spray, allowing it to slightly overhang opposite edges.
2. Bring 1 inch water to a bare simmer in a medium saucepan. Combine chocolate and butter in a metal bowl large enough to rest in the pan without touching the water. Cook, stirring occasionally, until melted and smooth, about 5 minutes. Remove bowl from heat. Add sugar and salt and stir until combined. Let cool until barely lukewarm, 5 to 7 minutes.
3. Add eggs one at a time, whisking briskly after each. Add flour and whisk briskly for 30 seconds to thicken the batter. Stir in nuts. Scrape the batter into the prepared pan and spread evenly.
4. Bake until a toothpick inserted in the center emerges clean, 25 to 30 minutes. Let cool completely in the pan on a wire rack, about 1½ hours. Lift the overhanging ends of paper or foil to remove from the pan. Cut into 16 brownies.

SERVES 16: 1 brownie each
CAL 210 / **FAT** 14G (SAT 6G) / **CHOL** 35MG / **CARBS** 18G / **TOTAL SUGARS** 11G (ADDED 11G) / **PROTEIN** 3G / **FIBER** 2G / **SODIUM** 85MG / **POTASSIUM** 118MG.

Chocolate Soufflés

ACTIVE: 40 min **TOTAL:** 50 min
TO MAKE AHEAD: Prepare Steps 2-5. Refrigerate for up to 3 days before continuing with Step 6.
EQUIPMENT: Eight 4- or 5-oz. ramekins

Soufflés are easier to make than anyone thinks and you can do everything—except bake them—up to three days in advance. These are impossibly light, but wildly flavorful. The batter contains a small amount of rice flour, which is more delicate than wheat flour and won't dull the chocolate flavor. Guests should be ready so that you can serve the soufflés directly from the oven.

- **2 tablespoons unsalted butter, divided**
- **3 tablespoons granulated sugar plus ⅓ cup, divided**
- **1 tablespoon rice flour**
- **⅛ teaspoon salt**
- **½ cup reduced-fat milk plus 1 tablespoon, divided**
- **6 ounces dark chocolate (70% cacao), coarsely chopped**
- **3 large egg yolks, at room temperature**
- **4 large egg whites, at room temperature**
- **¼ teaspoon cream of tartar**
- **Heavy cream (optional)**

1. Position a rack in lower third of oven; preheat to 375°F.
2. Melt 1 tablespoon butter. Lightly brush the insides and rims of eight 4- or 5-ounce ramekins with the butter. Use 3 tablespoons sugar to coat the insides and rims of all the ramekins *(see Tip, below)*.
3. Combine flour and salt in a small saucepan and gradually whisk in ½ cup milk. Bring to a simmer over medium heat, whisking constantly, and simmer for 1 minute. Remove from heat and add the remaining 1 tablespoon butter and chocolate. Stir until the chocolate is completely melted. Scrape the mixture into a large bowl and whisk in egg yolks and the remaining 1 tablespoon milk.
4. Beat egg whites and cream of tartar in a stand mixer on medium-high speed (or with a hand-held mixer on high speed) until soft peaks form. Gradually add the remaining ⅓ cup sugar and beat until the mixture holds stiff, shiny peaks.
5. Whisk one-fourth of the egg whites into the chocolate mixture. With a rubber spatula, gently fold in the remaining egg whites just until incorporated. Divide the batter evenly among the ramekins.
6. Without wiping the sugar from the rims, run the tip of a toothpick between the batter and sides of each ramekin to encourage the soufflés to rise high and straight. Set the ramekins on a rimmed baking sheet.
7. Bake until a toothpick inserted into the center is moist and a bit gooey but not runny, 15 to 20 minutes. Soufflés will rise and may crack on top before they are done. Serve drizzled with cream, if desired.

SERVES 8: 1 soufflé each
CAL 246 / **FAT** 14G (SAT 8G) / **CHOL** 79MG / **CARBS** 25G / **TOTAL SUGARS** 19G (ADDED 17G) / **PROTEIN** 5G / **FIBER** 2G / **SODIUM** 80MG / **POTASSIUM** 227MG

TIP: To efficiently prepare ramekins, lightly coat with melted butter and add 3 Tbsp. granulated sugar to one ramekin. Holding it over a second

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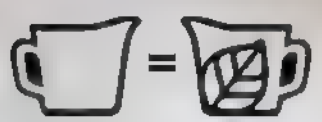
Cut the sugar calories in *half* and keep the whole cake.

NO CONVERSION



1 Cup Sugar = 1 Cup Stevia In The Raw®

Reduce sugar, calories and confusion from your recipes by swapping out half the sugar for Stevia In The Raw.® Why only half? Keeping half the sugar is important for moisture, browning and rising. One cup of Stevia In The Raw has the same sweetness as one cup of sugar and pairs well with bold flavors like in this [illegible]. Get this sweet recipe and more at **InTheRaw.com**

ramekin, tilt and rotate it until the bottom, sides and rim are coated with sugar. Spill excess sugar into the second ramekin, hold it over a third ramekin and repeat, pouring the excess sugar into each successive ramekin until all are coated. Discard any excess sugar.

Chocolate Polvorones (Mexican Wedding Cookies)

ACTIVE: 20 min **TOTAL:** 45 min
TO MAKE AHEAD: Store airtight for up to 2 weeks; dust with confectioners' sugar (Step 4) before serving.
EQUIPMENT: Parchment paper or baking mats
These melt-in-your-mouth cookies get a chocolate makeover by replacing all the nuts in the traditional version with ground chocolate. Addictive just as they are, you can also grate a little cinnamon stick over them just before serving.

- **9 ounces dark chocolate (70% cacao), coarsely chopped**
- **1 cup all-purpose flour**
- **1 cup whole-wheat pastry flour**
- **¼ cup granulated sugar**
- **½ teaspoon salt**
- **8 tablespoons unsalted butter, softened and cut into ½-inch pieces**
- **6 tablespoons neutral-flavored oil, such as grapeseed *or* canola**
- **2 teaspoons vanilla extract**
- **1 tablespoon confectioners' sugar**
- **Cinnamon stick (optional)**

1. Position racks in upper and lower thirds of oven; preheat to 325°F. Line 2 rimmed baking sheets with parchment paper or baking mats.
2. Combine chocolate, all-purpose flour, pastry flour, granulated sugar and salt in a food processor. Pulse until the chocolate is broken into pieces ranging in size from very coarse sand to a generous ¼ inch. Add butter, oil and vanilla. Pulse until the mixture begins to clump together. Transfer to a large bowl and mix and squeeze the dough to incorporate any remaining flour.
3. Using a scant 1 tablespoon each, shape the dough into 40 balls. Place 1½ inches apart on the prepared baking sheets. Bake, rotating the pans from top to bottom and front to back halfway through, until the cookie tops look dry, show a few hairline cracks and do not feel squishy when lightly pressed with a finger, 20 to 22 minutes. Cool on the pans for 5 minutes, then transfer to a wire rack to cool completely.
4. Sift confectioners' sugar over the cookies. Grate cinnamon stick over the tops, if desired.
MAKES: 40 cookies

PER COOKIE. **CAL** 105 / **FAT** 1G (SAT 3G) / **CHOL** 6MG / **CARBS** 9G / **TOTAL SUGARS** 3G (ADDED 3G) / **PROTEIN** 1G / **FIBER** 1G / **SODIUM** 31MG / **POTASSIUM** 61MG

Queen of Sheba Cake

ACTIVE: 25 min **TOTAL:** 50 min
EQUIPMENT: 8- or 9-inch springform pan
This French classic gets a minor update with less sugar and butter and a whisper of flaky sea salt on top—all of which lets the flavor of a special chocolate shine. Whipping a greater portion of the sugar into the egg whites makes them less easy to overbeat and creates a pleasing crust on top that contrasts with the moist and creamy interior (Photo: page 112.)

- **½ cup almond flour**
- **2 tablespoons gluten-free baking blend *or* all-purpose flour**
- **10 tablespoons granulated sugar, divided**
- **¼ teaspoon salt**
- **6 ounces dark chocolate (70% cacao), coarsely chopped**
- **10 tablespoons unsalted butter, cut into pieces**
- **4 large eggs, separated, at room temperature**
- **⅛ teaspoon almond extract**
- **¼ teaspoon cream of tartar**
- **⅛ teaspoon flaky sea salt, such as Maldon**
- **Whipped cream (optional)**

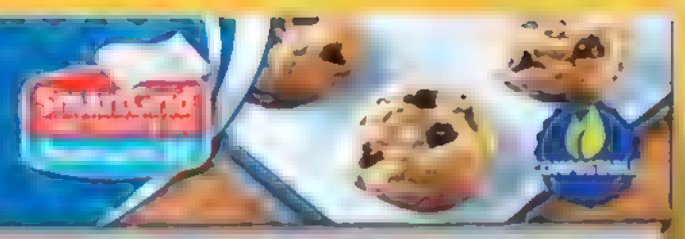
1. Preheat oven to 375°F.
2. Whisk almond flour, baking blend (or all-purpose flour), 2 tablespoons sugar and salt in a medium bowl. Set aside.
3. Bring 1 inch water to a bare simmer in a medium saucepan. Combine chocolate and butter in a metal bowl large enough to rest in the pan without touching the water. Cook, stirring occasionally, until melted and smooth, about 5 minutes. Remove from heat. Whisk in egg yolks and almond extract. Set aside.
4. Beat egg whites and cream of tartar in a stand mixer on medium high speed (or with a hand-held mixer on high speed) until soft peaks form. Gradually sprinkle in the remaining 8 tablespoons sugar and beat until the mixture holds stiff, shiny peaks.
5. Whisk the flour mixture and one-fourth of the egg whites into the chocolate. With a rubber spatula, gently fold in the remaining egg whites just until incorporated. Scrape the batter into an 8- or 9-inch springform pan and spread evenly.
6. Bake until a toothpick inserted into the cake 1½ inches from the edge emerges clean, 20 to 25 minutes.
7. Run a sharp paring knife around the edge of the cake to loosen it and allow it to sink slightly. Sprinkle with flaky salt. Let cool completely in the pan on a wire rack, about 1 hour.
8. Remove the pan sides and transfer the cake to a serving platter. Serve with whipped cream, if desired.
SERVES 12: 1 slice each

CAL 266 / **FAT** 20G (SAT 10G) / **CHOL** 88MG / **CARBS** 19G / **TOTAL SUGARS** 14G (ADDED 13G) / **PROTEIN** 4G / **FIBER** 2G / **SODIUM** 102MG / **POTASSIUM** 140MG.

Author and pastry chef **ALICE MEDRICH's** *most recent book,* Gluten-Free Flavor Flours: A New Way to Bake with Non-Wheat Flours, *won the James Beard Award for best baking & desserts book in 2015.*

Cut to fit!

Reynolds KITCHENS
Parchment Paper



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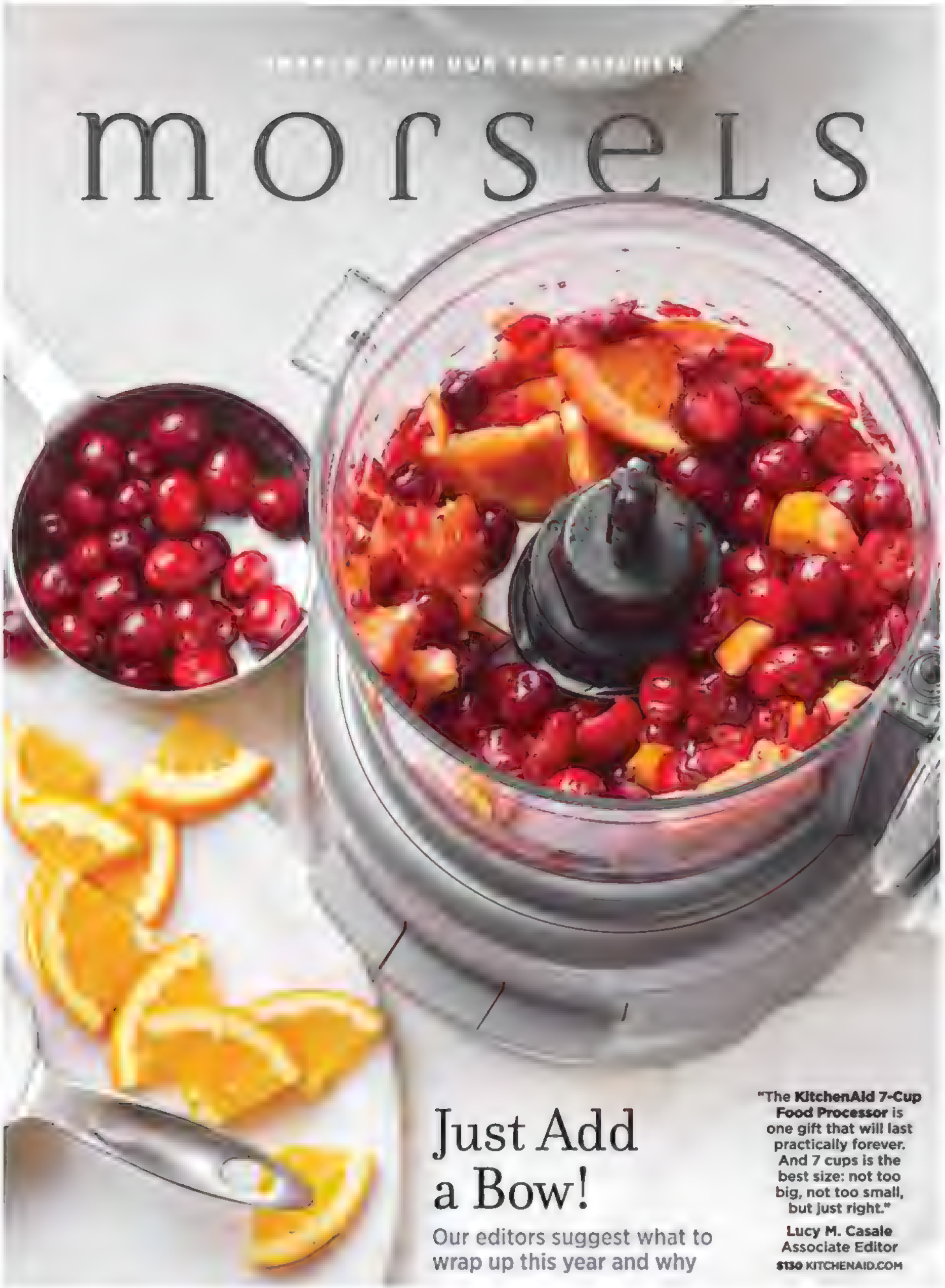
morsels



Just Add a Bow!

Our editors suggest what to wrap up this year and why

"The KitchenAid 7-Cup Food Processor is one gift that will last practically forever. And 7 cups is the best size: not too big, not too small, but just right."

Lucy M. Casale
Associate Editor
$130 KITCHENAID.COM

PHOTO BLAINE MOATS

THE NICE LIST

From big-ticket items worth the splurge to $20-and-under stocking stuffers

"The large **Big Green Egg** excels at low and slow BBQ smoking. But you can also crank it super-hot and use it as a pizza oven!"

Jim Romanoff
Food Editor

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BIGGREENEGG.COM/FIND-A-DEALER

STUFF 'EM!

Mop messes with über fast-drying **Swedish dishcloths,** compostable after 6 months' use

$6 EACH
SCANDINAVIAN SHOPPE.COM

"Aprons are part of my work wardrobe and this organic cotton **Maker Skirt** is so cute, you could wear it out to drinks after."

Breana Killeen
Test Kitchen Manager
SUR LA TABLE.COM

Spruce up your settings with colorful **Opinel Table Knives,** sharp enough for steak

STUFF 'EM!

$12.50 EACH, $49 FOR FOUR
OPINEL-USA.COM

+**UNDER THE TREE** 50 plus gift ideas at eatingwell.com/gftguide

By LUCY M. CASALE

"Who doesn't need more space for wine? Plus, these **SMEG Mini Refrigerators** come in tons of fun colors, though I am partial to this aged off-white patina."

Jessie Price
Editor-in-Chief

$999 SMEGUSA.COM

STUFF 'EM!

Preserve precious produce with **Avocado Huggers**

$11 (SET OF TWO)
FOODHUGGERS.COM

STUFF 'EM!

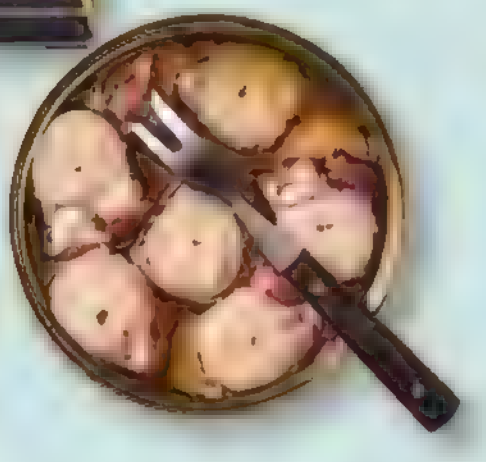
Swig's chic 12-oz. **Stemless Wine Cups** keep wine chilled—or coffee hot!

$20 SWIGLIFE.COM

STUFF 'EM!

Pop this lid for an instant cocktail party bite: **Octopus in Olive Oil by Ramón Peña**

$28 TIENDA.COM



"I am an espresso fiend and the **Breville Barista Express** brews up the perfect crema. I love the built-in grinder and the fact that it takes ground espresso, not pods, so it's more eco-friendly."

Shaun Dreisbach
Nutrition & Features Editor

$600 WILLIAMS-SONOMA.COM

By JULIA WESTBROOK

It's Not a Party without Crackers

Many of our favorite cheeses just wouldn't be the same without them. We left less-healthy options in the cracker aisle and crunched through 20 nutritious finalists to find the winners at right, plus these smart shopping tips.

Eye the Serving Size

Most boxed crackers have a serving size of about 30 grams—which can mean you get anywhere from one to 40 crackers, depending on how big they are. But we did find some as low as 11 grams. And a smaller portion like this may trick you into thinking you're choosing a low-calorie or low-sodium option, but only because you're getting less food. Since most crackers don't break the calorie bank—all our picks are under 140—you have room to put something yummy on them. (Most cheeses have around 100 calories per ounce, and we recommend keeping apps to 250 calories.)

Watch Sodium & Sugar

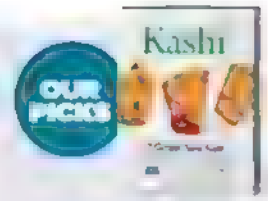
We spotted some varieties as high as 250 mg of sodium per serving—10 percent of your daily recommended intake. Add cheese (Cheddar has 185 mg per ounce) and you're at nearly 20 percent. We say: go for 180 mg sodium or less. Read labels for sugar too. Do you really need a sweet cracker? Aim to keep it under 2 g.

Go Whole

You know to check the fiber (we set our parameter at a minimum of 3 g), but also look at the ingredients to make sure your cracker is made with whole-grains. We like to get products that list them first, but if you want a cracker with a more neutral taste, opt for one that blends whole-and refined-grain flours. To find a gluten-free variety that fits within our fiber recommendations, seek out products made with nuts, seeds and gluten-free whole grains.

NUMBERS TO LOOK FOR

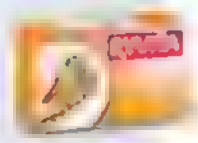
Sodium: ≤180mg
Fiber: ≥3g
Sugar: ≤2g



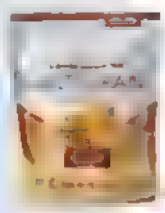
Kashi 7 Grain Sea Salt
Meet your ultimate crowd-pleaser: this versatile cracker has a subtle, wheaty taste and great crunch.
Pair it with: Any cheese. We liked havarti.

Triscuit Thin Crisps
Original Classic Triscuit taste, but half as thick for the perfect cracker-to-topping ratio.
Pair it with: Hard cheeses, like Cheddar.

Finn Crisp Original
Thin and crunchy with a sourdough bite, this cracker has the most fiber of our picks. A whopping 6 grams!
Pair it with: Tangy cheeses, like goat.



Ryvita Sesame Rye Crispbread
This graham-cracker-size pick is big enough for lunch. (Open-face sammies, anyone?)
Pair it with: Blue cheese or other funky favorites.



Crunchmaster Multi-Grain Sea Salt
Gluten-free and deliciously salty with a touch of buttery sweetness, this cracker begs for something mellow.
Pair it with: Brie.

Oscar Mayer

MOUTHWATERING DELI TASTE RIGHT AT HOME

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1 Grab an oyster knife (don't use a kitchen knife!) and kitchen towel or protective glove. Rinse oysters under cold running water. Discard any that aren't tightly closed. Place one flat-side up on a work surface and grip with towel or gloved hand, leaving hinged end exposed. 2 Place the knife tip between the top and bottom shells just adjacent to the hinge. Press inward, twisting the knife like turning a key in a lock, until the top shell releases. (Keep the oyster level so the briny liquor stays inside the bottom shell.) Wipe the knife to remove any debris. 3 Gently slide it along the inside of the upper shell, disconnecting the muscle. Discard the upper shell. 4 Gently run the knife under the oyster on the lower shell to cut the bottom muscle. Wipe the knife. Next oyster!

TIPS & NOTES

Shrimp with heads (p.100) can be hard to find, but they add a depth of flavor to dishes. Look for them in ethnic markets or large supermarkets. (If you can't find them, substitute uncooked shell-on shrimp.) For help choosing sustainable wild or farmed shrimp, go to *seafoodwatch.org*.

Pandoro cake (p.103) is a tall, star-shaped Christmas bread with origins in Verona, Italy. It has an airy texture and sweet flavor. Traditionally, Italians give these cakes to symbolize luck and prosperity in the new year. Find them at Italian and gourmet shops or online at *supermarketitaly.com*.

Pecan wood chips (p.92) produce a subtle, sweetish smoke that pairs well with poultry, seafood and vegetables. You can find them sold by the bag at most hardware stores, home improvement stores and supermarkets. If you don't see pecan, substitute applewood chips.

Pomegranate seeds (p.92), or arils, are sold in ready-to-go containers at most grocery stores. To seed whole pomegranates: Slice off the crown and score the fruit into quarters. Place in a bowl of water and break apart, gently separating seeds from skin and pith. Drain seeds in a colander.

ASK BREANA

"What are your best turkey tips?"

Every year, the *EatingWell* Test Kitchen cooks at least half a dozen birds for our holiday issue—and I learn something new every time. Like the year a turkey *caught on fire* and blew open an oven. (The recipe called for an entire bottle of booze in the bottom of the roasting pan. Drippings from the bird ignited the alcohol and BOOM!) So, I learned: don't mix birds and booze... *inside* the oven. Some other tips:

Buy ½ to 1 pound of meat per person.
A healthy portion of meat is 3 ounces cooked, which works out to ½ pound of raw, bone-in turkey per serving. On page 78, we have a 12- to 14-pound bird, which yields 24 (3-oz.) servings. Calculate what you need based on the number of guests, plus your appetite for leftovers.

Plan on 1 day of thawing for every 4 pounds of bird.
Yes, it really does take this long. And always thaw your bird in the refrigerator. Make sure the cavity of the turkey is thawed, too, not just the outside. To test, get your hand in there (yes, *in there*): are there any ice crystals? If so, keep defrosting.

To serve the juiciest bird:

- ***Buy fresh if possible.*** Frozen meat tends to leach more liquid when cooked—liquid you want to stay in the bird to keep it moist. Call ahead to see what your grocery or local farm offers.
- ***Brine it.*** Submerging the bird in a salty liquid solution (a brine) results in juicier meat. Allow 8 hours or up to one day for the turkey to brine.
- ***Check two temps.*** Insert a meat thermometer about two inches into the thickest part of the breast *and* the thigh without touching bone. (If one's not done, keep roasting.)
- ***Let it rest.*** Don't cut into your bird for at least 20 minutes. (No, it won't get cold!) The juices will redistribute and stay inside the meat—where you want them.

BREANA KILLEEN, *M.P.H., R.D., is our Test Kitchen manager.*

+GOBBLE, GOBBLE Get our best turkey recipes at eatingwell.com/turkey

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recipe index

		45 MIN OR LESS	CALORIES	CARBS (g)	ADDED SUGARS (g)	PROTEIN (g)	FIBER (g)	SODIUM (mg)	POTASSIUM (mg)	GLUTEN-FREE	HEART-HEALTHY	LOW-CAL	VEGAN	VEGETARIAN	DAILY VALUE (20%+)					
															CALCIUM (%)	FOLATE (%)	IRON (%)	VITAMIN A (%)	VITAMIN B12 (%)	VITAMIN C (%)
BREAKFAST																				
28	Egg Salad Avocado Toast	●	230	17	1	11	5	405	400			●		●						
44	Fruity Chia Pudding		343	39	6	14	15	125	573			●		●	51					45
86	Sweet Potato & Sausage Strata		262	24	0	14	2	486	412			●						152		36
APPETIZERS & COCKTAIL																				
67	Abracadaver	●	210	17	16	0	0	4	26	●			●	●						
26	Harissa Mackerel & Endive	●	21	0	0	1	0	43	22	●	●	●								
26	Marinated White Beans	●	145	3	0	1	1	13	49	●	●	●	●	●						
26	Savory Date & Pistachio Bites	●	68	13	0	1	1	1	154	●	●	●	●	●						
26	Spiced Crackers	●	114	10	0	2	1	140	21		●	●	●	●						
SIDES & SALADS																				
102	Bitter Greens Salad with Oranges	●	137	11	4	1	2	171	259	●	●	●		●				48		35
100	Cauliflower with Anchovies & Oil-Cured Olives		97	5	0	2	1	216	159	●	●	●								36
33	Escarole Waldorf Salad	●	180	14	0	3	4	255	447	●		●		●		34		40		
78	Green Beans with Creamy Mushroom Sauce		214	13	0	3	4	317	360	●				●				20		24
32	Green Beans with Hard-Boiled Eggs, Fried Shallots & Bacon	●	138	10	0	5	3	286	285	●		●								
72	Roasted Cauliflower with Mojo Sauce		168	10	0	4	3	285	453	●		●		●		20				116
33	Roasted Salt-&-Vinegar Turnips		102	9	0	1	2	388	266			●	●	●						49
92	Smoked Sweet Potato & Escarole Salad		179	15	0	4	4	291	424	●		●		●		26		186		
32	Spaghetti Squash with Pistachios & Sage	●	152	16	5	3	3	169	253	●		●	●	●						
78	Spiced Orange-Cranberry Sauce	●	66	16	13	0	1	1	27	●	●	●	●	●						
90	Sweet & Spicy Steam-Fried Collard Greens	●	68	7	2	3	4	214	194	●	●	●			20	28		87		52
STARCHY SIDES																				
72	Apple & Ham Stuffing		197	25	0	6	3	321	209			●								
92	Caraway-Sweet Potato Rolls		136	22	0	4	3	241	84			●		●				47		
76	Garlic & Chive Mashed Potatoes	●	222	35	0	5	3	322	603	●				●						21
90	Sweet Potato Pommes Anna		140	16	0	2	3	319	374	●		●		●				301		26
VEGETARIAN																				
21	Beans & Greens Enchiladas		287	40	0	13	8	503	389	●		●		●	32			39		38
20	Jackfruit & Pepper Enchiladas		291	38	0	12	9	676	562	●		●		●	31			36		56
21	Potato Enchiladas		300	43	0	12	6	471	627	●		●		●	27			25		
34	Potsticker & Vegetable Soup	●	457	39	0	33	6	893	347								25	55		36
28	Spicy Refried Black Bean Burrito	●	267	33	0	14	9	571	532		●	●		●	27	27		52		
20	Squash & Cauliflower Enchiladas		264	34	0	12	6	290	446	●		●		●	30			42		27
20	Zucchini & Corn Enchiladas		301	41	0	13	7	528	633	●		●		●	29			29		29
CHICKEN & TURKEY																				
42	Cider-Sesame Chicken Wraps	●	508	57	0	29	4	942	337			●								40
78	José Andrés' Brined Roast Turkey & Gravy		264	4	1	32	0	486	313	●		●							20	
30	Pretzel-Crusted Chicken Nuggets with Cranberry-Mustard Sauce	●	357	46	17	31	2	366	178			●								42
18	Quinoa, Chicken & Broccoli Salad with Roasted Lemon Dressing	●	481	43	12	22	8	365	584	●								21		105
SEAFOOD																				
102	Brodetto di Pesce (Adriatic-Style Seafood Stew)		334	26	0	31	2	770	903			●					29		484	42
76	Broiled Oysters with Anchovy-Almond Butter	●	102	2	0	2	0	32	72	●		●							32	
100	Garlic-Sautéed Shrimp	●	135	1	0	20	0	186	304	●	●	●							74	
100	Salmon Crudo with Fennel & Crispy Capers		177	2	0	13	1	207	263	●	●	●								
BEEF & PORK																				
40	Hand-Chopped Steak Burgers with Caramelized Fennel	●	321	10	0	28	4	560	879	●		●					24	30	63	34
28	Lobster-Topped Tenderloin with Parmesan Brussels Sprouts	●	369	22	0	38	8	673	1214	●		●				34	32	36	64	291
16	Slow-Cooker Balsamic Short Ribs		281	13	0	20	1	416	513	●		●							57	
38	Souvlaki-Style Pork Chops with Celeriac-Apple Tzatziki	●	388	19	0	31	3	488	514											
DESSERTS																				
116	Chocolate Polvorones (Mexican Wedding Cookies)	●	105	9	3	1	1	31	61			●		●						
114	Chocolate Soufflés		246	25	17	5	2	80	227	●				●						
74	L.A. Kitchen's Seasonal Fruit Crisp		302	40	13	3	5	100	206		●		●	●						
103	Pandoro Tiramisù		295	17	3	5	1	73	173					●						
88	Purple Sweet Potato Pie		259	30	12	6	2	258	295					●				120		
116	Queen of Sheba Cake		266	19	13	4	2	102	140	●				●						
88	Sweet Potato Spice Cake with Orange-Cinnamon Cream Cheese Frosting		319	45	24	7	4	327	228					●				53		
114	Teff Brownies		210	18	11	3	2	85	118	●		●		●						

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By SUMMER MILLER

What Does Your Garden Grow?

One man's quest to protect Native seeds from extinction

Taylor Keen walks between rows of rustling corn beneath arching branches of a silver maple tree. Traffic hums in the background. He's in Julia Feder and Shaun Warkentin's garden in Omaha, Nebraska. Keen, a university professor, peels back the husk of an ear of Omaha Rainbow Flint corn, revealing a cobbled pathway of blue, lavender and ivory kernels. "Most Americans only know one type of corn, and that's sweet corn," Keen says. "They've been told Indian corn is inedible. That's not true." This corn is sacred to Native Americans, but it, along with other Native crops, are at risk of extinction.

WHAT HE DID In 2014, Keen, who's a citizen of both the Omaha and Cherokee nations, founded Sacred Seed. The organization encourages volunteer "seed ambassadors"—urban farmers and home gardeners like Feder and Warkentin—to grow traditional Native crops. It focuses on protection of the Three Sisters: corn, beans and squash. These plants were once central to the diet of many Plains Indian tribes and were grown together: The corn provided a trellis for the beans. Those beans returned nitrogen to the soil for the corn and squash. And the squash suppressed weeds. Growing these crops in city plots helps protect the heirloom seeds from cross-pollination with the genetically modified field corn that's predominant in the region. Ambassadors agree to plant the seeds according to Omaha tribal traditions and grow them with environmentally friendly methods.

WHY IT'S COOL Each fall, the crops are transformed into a delicious feast around Thanksgiving. Before the meal, Keen wraps himself in a red prayer blanket and says a blessing in Umónhon, the native Omaha tongue, while the scent of burning sage fills the air. The guests dine on dishes like succotash made with roasted Omaha Pumpkin, Tongue of Fire Beans and Oaxacan Green Corn. Plus the meal includes other foods important to Native communities, such as bison and wild rice. "I believe in his vision of preserving and adding to the diversity of our agricultural systems," says Warkentin. "I'm honored to be a part of the movement to relocalize our food system to make it more diverse and more beautiful."

Learn more at *sacredseed.org*

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